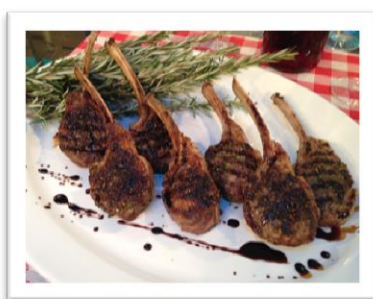


a month of enlightening VSU's community about the great taste of lamb and mutton

Do you know the difference between lamb and mutton? “Lamb” is meat from sheep that are younger than one year old and “mutton” is meat from sheep one year old and older. Lamb has a milder flavor and is more tender than mutton. The color of the meat is a good indicator of age with the lighter the color the younger the meat. Tenderness should always be considered when deciding what cut of lamb to cook because tender cuts (loin, rib and leg) require fast cooking over moderate – high heat while less tender cuts (shoulder, breast, shank and neck) are best prepared by braising and stewing.



Grilled Shish Kabobs (Weight Watchers) Serves 4

15 oz. boneless lean leg of lamb; cut into 1-in. cubes

1 Tbsp plus 1 tsp olive oil

1 Tbsp fresh lemon juice

4 garlic cloves; crushed

½ tsp freshly ground black pepper

½ tsp dried oregano

Pinch cinnamon

2 cups pearl onions

2 cups whole medium mushrooms; woody ends trimmed

1 medium red or yellow bell pepper; cut into 1-in. squares

4 small plum tomatoes

½ tsp salt

1 lemon; cut into wedges

To prepare marinade, in a gallon-size resealable plastic bag, combine oil, juice, garlic, black pepper, oregano, and cinnamon; add lamb. Seal bag, squeezing out air; turn to coat lamb. Refrigerate 2 hours or overnight, turning bag occasionally. Spray rack in broiler pan with nonstick cooking spray and pre-heat broiler, or preheat outdoor barbeque grill according to manufacturer's directions. Add onions, mushrooms, bell pepper, and tomatoes to lamb mixture; turn to coat. Drain and discard marinade. Alternating ingredients, onto four long metal skewers, thread an equal amount of lamb and vegetables; grill over hot coals or placed onto prepared rack in broiler pan and broil 4 in. from heat; turning as needed, 6 to 8 minutes, until lamb is cooked through and vegetables are lightly browned. Transfer kabobs to each of four plates; sprinkle evenly with salt. Serve with lemon wedges with rice, couscous or a rice salad.

30-Minute Lamb Grill for Two Serves 2

4 lamb loin chops

1 Tbsp low-sodium soy sauce

2 tsp sesame oil

1 green onion; chopped

1 garlic clove; minced

2 tsp ginger root; minced

¼ tsp pepper

Salt; to taste

Recipes for week of January 16, 2015 (dobrien@vsu.edu)

In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper. Add in lamb, turning to coat; let stand for 10 min. Reserving marinade, place lamb on greased grill over medium-high heat; cover and cook, basting with marinade, for 5-7 min on each side for medium-rare or possibly till desired doneness. Season with salt to taste. Serve with sautéed zucchini slices and sweet potatoes.

Bobotie (South African Lamb Casserole) Serves 8

1 lb lean ground lamb
1 1/2 cups milk
1 thick bread slice
2 onions; chopped
2 Tbsp butter
2 Tbsp curry powder
1 1/2 tsp salt
1/2 tsp sugar
2 Tbsp lemon juice
2 eggs

Directions:

Soak bread in cold milk. Fry ground lamb and onion in butter. Stir in lemon juice, sugar, salt, and curry powder. Stir well and cook gently for 10 minutes. Place this mixture into a mixing bowl. Squeeze out all milk from soaked bread. Add the bread to the ground lamb mixture. Add one beaten egg and beat well with a fork. Pour this into a well-buttered pie dish. Beat the remaining egg and add milk from the soaked bread (about 3/4 cup). Season with salt and pepper and pour over the meat mixture. Scatter small dabs of butter on top. Place a pie dish in another pan containing water and bake at 350 °F to 400 °F for 40 minutes until the pie is set and light brown on top. Serve with rice or vegetables. Sprinkle with toppings of your choice, such as diced onion, diced tomato, diced banana, and raisins.

U.S. Sheep Production Facts

- **Reported 5.21 million head of sheep in the U.S (January 1, 2014)**
- **Leading states in sheep production are Texas (740,000), California (550,000) and Colorado (365,000)**
- **In 2013, the United States produced 161 million pounds of lamb and mutton and imported over 140 million pounds the same year to meet the national demand**
- **Most of the imported lamb meat to the U.S. comes from Australia and New Zealand, the two largest lamb and mutton exporters in the world**
- **Most of the sheep produced in the U.S. are raised on natural forage-based diets and others are grain-fed for short periods before processing.**
- **Top 3 breeds include the Katahdin, Hampshire and Suffolk breeds**
- **Sheep producers in the U.S. produce a dual-purpose animal – one that is valued for both its meat and wool**
- **Death loss to predators is the single largest cause of mortality to sheep**
- **Predators of sheep include coyotes, dogs, bears, big cats, foxes and eagles**
- **U.S. Sheep producers lose more that 32 million in potential income due to predator loss of sheep and lambs in 2004**

Virginia Sheep Production Facts

- **Virginia is 16th sheep producing state with over 83,000 total number of sheep and lambs**
- **There are 2,315 sheep farms in the state**
- **Over 60% of farms have between 1 – 24 head of sheep**
- **VSU's Small Ruminant Germplasm Laboratory is located at Randolph Farm and currently maintains a flock of two purebred Caribbean hair sheep breeds (St. Croix and Barbados Blackbelly)**