

# Buying British Lamb

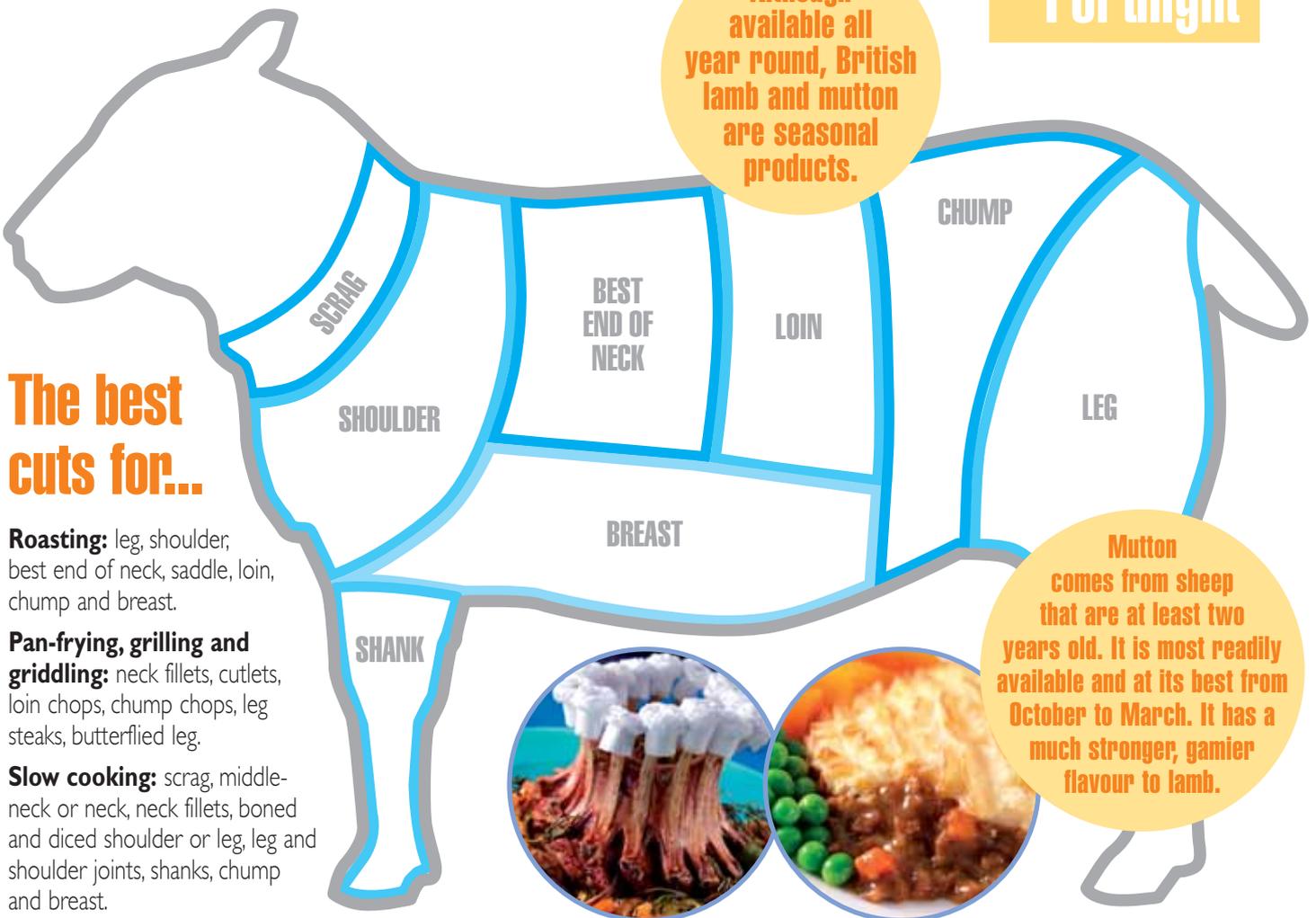
## There are economic and environmental reasons for using different cuts of meat.

As cooking techniques have changed through time some cuts of meat have become 'fashionable'. Using some of the less 'fashionable' and therefore cheaper cuts saves money and helps reduce food wastage. So why not experiment with different cuts of meat and try some of the traditional British dishes below to celebrate our culinary heritage!



Although available all year round, British lamb and mutton are seasonal products.

Mutton comes from sheep that are at least two years old. It is most readily available and at its best from October to March. It has a much stronger, gamier flavour to lamb.



## The best cuts for...

**Roasting:** leg, shoulder, best end of neck, saddle, loin, chump and breast.

**Pan-frying, grilling and griddling:** neck fillets, cutlets, loin chops, chump chops, leg steaks, butterflied leg.

**Slow cooking:** scrag, middle-neck or neck, neck fillets, boned and diced shoulder or leg, leg and shoulder joints, shanks, chump and breast.

## Traditional Dishes

**Crown Roast** (pictured above) Racks of lamb are used to create a Crown Roast and the equally flamboyant Guard of Honour. These dishes are associated with the South East.

**Parson's Venison** Although the name suggests otherwise, this dish has always used a leg of lamb but the rich sauce used in this dish gives the meat a flavour reminiscent of game.

**Oxford John Steaks** 'Oxford John' is the local name for a lamb leg steak.

**Hot Pot** There are numerous variations for this dish, including the Lancashire Hot Pot and Irish Stew. The basic recipe has layers of lamb or mutton, onion and potatoes slowly cooked in a heavy pan but it is a dish for which families will all have different recipes.

**Squab Pie** Although the name suggests otherwise, squab pies from around the country have always been made with lamb. The Devonshire Squab Pie is unique because it is a lamb pie cooked with apples, onions, spices and chopped prunes and served with hot clotted cream!

**Shepherd's Pie** (pictured above) There is some debate as to whether Shepherd's Pie should be made with raw or cooked meat. Shepherd's Pie is made with minced lamb and Cottage Pie, a similar dish, is made with minced beef.

**Mincemeat** Finely shredded fresh meat was traditionally included in the dried fruit and candied peel mix that we now use in sweet pies at Christmas-time. This habit survived the longest in Cumbria where lamb was used in preference to beef.