



FRESH AUSTRALIAN LAMB

# *Farmers Guide to Using Lamb*



*lamb from our paddock to your plate*

Hints and tips to buying, storing, eating  
& cooking fine Australian lamb

# TABLE OF CONTENTS

- 4** WELCOME
- 5** STORING & USING LAMB
- 6** ALL THE CUTS EXPLAINED
- 8** LAMB DEFINED
- 9** ROASTING LAMB
- 10** SLOW COOKING LAMB
- 11** CARVING A LEG OF LAMB
- 12** LAMB BONE BROTH RECIPE





*We are 100% focused  
on producing the best  
lamb we possibly can*



PROUD PARTNERS WITH THANKFUL4FARMERS



# Welcome to the wonderful world of Outback Lamb



Eating well every day makes a difference to our lives. At Outback Lamb we are focused on producing the best lamb we possibly can. We do this via a host of management controls, but they are all underpinned by our philosophy of raising our lambs ethically, with a focus on animal welfare. Our lambs spend their whole lives in paddocks, but it's important to note that at times we do supplementary feed, as the weather and seasons dictate.

*WE OFFER COMPLETE TRACEABILITY AND PRIDE OURSELVES ON OUR FOOD'S PROVENANCE AND THE ASSURANCES THAT WE CAN OFFER TO YOU, THE CONSUMER.*

If you need to know if your lamb has had grain or hay in addition to their regular diet of pasture and grass, we can happily provide you with the information you're after. At every step along the production process, from sires with high Australian Standard Breeding Value (ASBV) rankings for Eating Quality (EQ) to ewes selected for their mothering ability, right through to low stress stock handling practices, we resolutely demand high standards to ensure that your every bite is a delight.

## Outback Lambs explained

Our lambs are what is known in the industry as 2nd Cross Prime Lambs. To get a 2nd X lamb we must first breed their mothers, the 1st X Ewes.

At Westpoint these ewes are the progeny of a Merino ewe who is crossed with a White Suffolk ram. We breed the majority of our first-cross ewes ourselves from our own selected Merino flock. They are chosen for their mothering ability and wool type. The purpose of the first-cross ewe is for breeding second-cross prime lambs and she is respected and looked after her entire life because of the vital job she does.

The next step in the process is to join these first-cross ewes to a Dorset ram, the progeny of which is the second-cross prime lamb – Outback Lamb.

The second-cross lamb is what is known as a terminal breed and the females are not retained for breeding purposes.

Our rams are selected for a variety of traits, from fat score to eye muscle density, eating quality through to birth weight and growth rates. Genetics and breeding are a crucial component of breeding great second-cross lambs and we take this very seriously.

It is important to breed lambs that have great conformation for ease of movement, good teeth for efficient use of grass, good genes for grass-to-muscle conversion, and an adequate covering of fat for taste. These factors all contribute to the unique flavour, succulence and taste of our Outback Lamb.



# STORING AND USING *Lamb*

---



### **FREEZING YOUR LAMB**

Optimally lamb should be eaten fresh, but if your lamb is vacuum packed you will detect very little reduction in quality or taste by freezing. And let's face it, freezing is a great way to enjoy a seasonal product like lamb year round. Simply freeze your lamb and defrost following the instructions below.

### **DEFROSTING YOUR LAMB**

Thaw your lamb out slowly in the fridge over a period of 1-2 days and cook within 48 hours. Do not refreeze.

### **AIRING VACUUM SEALED LAMB OR 'BLOOMING'**

You should always open a cryovac bag and expose the contents to fresh air for 20-30 minutes before cooking. This process is called blooming and it allows the lamb to regain its bright natural colour. Any odours you detect at first should fade within a few minutes and is entirely normal.

### **LAMB BREAKDOWN - THE CUTS**

The experts advise that when deciding upon the way you want to cook your lamb, it is best to think about how the animal works in the paddock. The activity the lamb is engaged in determines what muscles have been used more and this knowledge gives you the best use for each cut. In sheep the bulk of the work happens at the front of the lamb, with strong shoulders and neck muscles doing a lot of the heavy lifting. These tougher muscles are made up for with extra collagen and sinews that melt with slow cooking, which imparts the delicious flavours.

### **SIMPLE & COMPLEX CUTS**

The old term was primary and secondary cuts but more recently I've seen this broken down into simple and complex cuts, which I like better. Simple cuts, requiring minimal intervention are ribs, loin and leg. Complex cuts, requiring longer cooking time would be neck, shoulder and shanks.



# ALL THE DIFFERENT CUTS EXPLAINED

## *lamb cuts*

---



### SHOULDER & SHOULDER CHOPS

Shoulder chops (also called blade chops) are from the forequarter and are very versatile.

They can be grilled but are probably best suited to slower cooking like braises and casseroles. The shoulder is also a great option for a roast. We often bone and roll our shoulders, which gives plenty of alternatives for dicing or mincing as well.

### LOIN CHOPS

One of the most readily identifiable chops in the shop, loin chops are lean, tender and delicious! With their perfect serving size and attractive “T” shaped bone that runs through the meat, loin chops are so easy to prepare. Simply season with salt then grill or panfry for a delicious meal.

### CUTLETS OR LAMB RACK

An impressive presentation that is surprisingly easy to prepare at home, the rack offers versatility for entertaining. The rack of lamb is an icon of fine dining menus around the world. Serving a rack of lamb makes it easy to have an effortless, restaurant quality meal at home. There are 8 chops or lamb cutlets per rack and these can be frenched (clean bone) for presentation or left as it.

**Frenched Rack:** a few inches of meat is removed from the end of the bones

**Crown Roast:** two frenched racks tied together to resemble a crown.

### LAMB RIBS, BELLY OR BREAST

One of the most cost-conscious cuts of lamb, the lamb spareribs are perfect for braising and grilling and are a great substitute for pork ribs in your favourite BBQ recipe. This area also incorporates what is sometimes termed breast or belly. Growing up we referred to them by the rather unattractive name of flaps! Regardless, they still have lots of uses. Mum was a fan of seasoning and then rolling them before roasting. This area is all very fatty, similar to pork belly, but can be prepared in much the same way. Also perfect for mincing and blending with the prime mince for koftas and meatballs.

### MINCED OR GROUND LAMB

Mellow and mildly flavoured, lamb mince contains lean meat and trimmings from the leg, loin, rib, shoulder, flank, neck, breast or shanks. Readily available and the perfect substitute for ground beef in many recipes, ground lamb offers a long list of possibilities for quick and easy weeknight dinners: meatballs, burgers and sliders, shepherd's pie, koftas, and meatloaf. Add aromatic seasonings to impart delicious flavour and variety to any meal.

### DICED LAMB

Trimmed and cubed lamb from the leg, neck or shoulder, diced lamb is perfect for a quick and easy stew or kebabs. You can also trim and hand cut stew meat from leg, shoulder or shank roast.



# ALL THE DIFFERENT CUTS EXPLAINED *lamb cuts*

---



### CHUMP & CHUMP CHOPS

This mini roast comes from the top of leg. Its perfect for 1-2 people as a roast, although we often cut our up as chump chops, or I mince it. One of the cheaper cuts chump is a versatile cut with a variety of uses.

### SHANKS

Lamb shanks come in both fore shanks and hind shanks. Lamb shanks practically melt off the bone when they are slow cooked. Lean on fat but big on flavour, the meaty shank is perfect for braising in a slow, simmering broth.

### LAMB LEG

Because of its impressive presentation, the bone-in-leg is perfect for any holiday celebration or special occasion. The bone adds both flavour and richness to the meat. The boneless leg is also a popular option. The leg is one of the most versatile cuts of lamb - from roasting whole to dicing into kebab meat or individual chops (sirloin chops) or smaller roasts, to butterflying and grilling. Leg is the leanest lamb cut. A whole leg typically weighs 1.8–2.4 kg so its great way to feed a family or guests.

There's something rather special about a roast leg of lamb, especially when its cooked to perfection. Use the table below to calculate the optimum cooking time for your Outback Lamb and we guarantee you won't be disappointed.

### LIVER, KIDNEYS & BRAINS

Liver is often referred to as lamb's fry. On the day we kill a lamb at home the first dinner we eat is lamb's fry, with onion gravy and mashed potato. Its best eaten fresh so we have it on the first night while the lamb hangs in the cool room setting.

For breakfast we always have fried, crumbed brain. The kidneys need to be used fresh and are perfect when lightly rolled in flour and fried in butter – this makes a tasty and highly nutritious breakfast side.

### NECK ROSETTE, CHOP & NECK FILLET

Neck rosettes are cut with the central bone left in, as are neck chops. Neck fillet is boneless and comes from the end of the neck and the start of the shoulder. All these cuts contain lots of connective tissue and benefit from slow cooking.

# LAMB, HOGGET & MUTTON DEFINED *lamb explained*



### LAMB

In Australia the market is roughly broken into two markets, domestic and export. The Australian consumer has traditionally preferred their lamb marginally younger and smaller than the consumer in other countries.

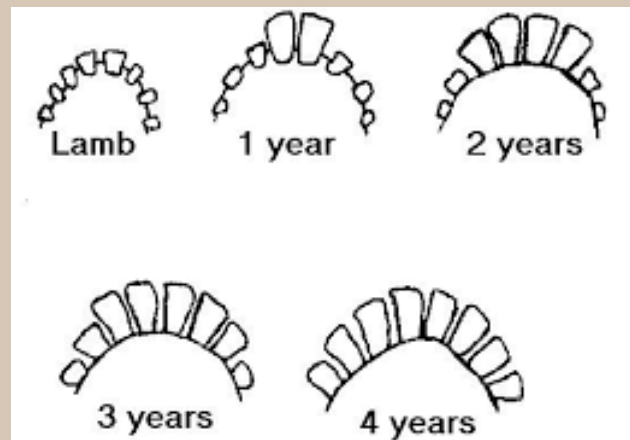
For this reason, the average weight of a lamb in an Australian butcher shop is 22-24 kg dressed weight, which translates to a live weight around 55 kg. Definitely quite well grown despite the term 'lamb'. This lamb would traditionally be 8-12 months of age.

An export weight lamb is 26 kg+.

The definition of a lamb used to be a cliff face rule - if it has adult teeth emerged it was no longer a lamb. This ruling changed in 2019 and it brought Australia into line with our international competitors in the market place. The definition now is that the teeth can be erupted, but not in use.

### AGEING SHEEP BY THEIR TEETH

At around 12 months of age the central pair of baby teeth are replaced by a pair of permanent incisors. At 2 years, the second pair is replaced by permanent incisors and so on until by 4 years of age the sheep has a full mouth of teeth.



### 'SUCKERS'

Lambs are generally weaned off their mothers at about 4-6 months of age. A 'sucker' refers to a lamb that is still milk fed, or suckling from its mother.

### HOGGET

After a lamb's adult teeth emerge and grow down enough to be used (this takes 2-3 weeks) the lamb is a hogget or '2-tooth'.

They remain a hogget until their second pair of adult incisors emerge, at about 2 years of age.

### MUTTON

Mutton refers to any sheep with four or more emerged incisor teeth, which generally means they are over 2 years of age. Mutton is considered to be best eating at 4 years of age.



# A SIMPLE GUIDE TO *roasting lamb*



There is something rather special about a roast leg of lamb, especially when it is cooked to perfection. Use the table below to calculate the optimum cooking time for your Outback Lamb leg and we guarantee you won't be disappointed.

### THE IMPORTANCE OF RESTING MEAT

The rarer the lamb, the longer you should rest it. During resting, the temperatures within the meat fuse, the uncooked juices in the middle move to the outside and becomes warm, moist and tender all the way through.

Resting is particularly important for joints of meat like leg and shoulder. After cooking, always allow your joint to rest in a warm place, covered with foil for at least 10 minutes and up to 30 minutes for larger joints. Finally, when using a fan forced oven you should refer to manufacturer's handbook for exact recommendations, but a good rule of thumb is 20 degrees Celsius less than for a conventional oven.

Conventional Ovens	Lamb (pink)	Lamb (well done)
Seal for 15 minutes	240C	240C
Reduce temp to	180C	180C
Cook for _ per 450 gms	15 minutes	20 minutes
Meat thermometer temp	55-60C	65-70C



# A SIMPLE GUIDE TO *slow cooking*

---

At Outback Lamb we are passionate about flavour. Real flavour comes from the lamb itself and not from artificial additives. We are big believers in nose to tail so be confident that some of the cuts that are perceived as less fashionable will often yield the most intense flavours. For convenience and flavour, here at Outback Lamb we are big fans of low and slow cooking, and as such the slow cooker is a firm favourite in our kitchen.

### **SLOW COOKING SECRETS SHARED...**

- The insert of my slow cooker is made of cast iron which makes it incredibly convenient for browning meat. If you are considering purchasing a slow cooker I would highly recommend this style. It saves on washing up and you also get to keep all of the flavours in the pan.
- If you already have a slow cooker and it is not this style don't despair. I would still encourage you to always brown the meat before slow cooking. It will improve the colour and concentrate the flavour.
- Ensure your cooker or pan has a close fitting lid to prevent the liquids escaping. If you cannot resist looking you will need to add another 20 minutes of cooking time.
- Only ever add cold liquid to the meat, increase the heat gently to boiling point, then reduce to a low and slow simmer. Bringing it to the boil too quickly at too high a temperature will make the meat stringy.

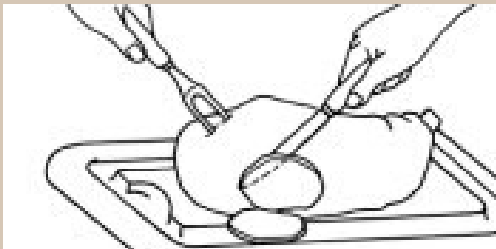




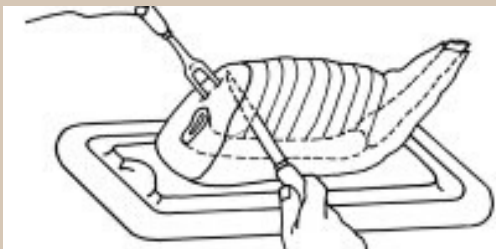
# A SIMPLE GUIDE TO *carving lamb*

---

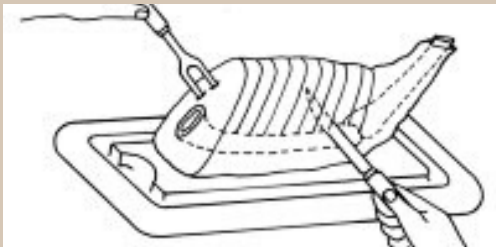
A leg of Outback Lamb is the perfect centrepiece for long table dining, catered events or when you have guests you want to impress. Carving at the table showcases not only the best of old school hospitality, but also allows guests to see the star of the show - the whole roast - on display and presented at its very best.



For traditional, bone-in roasts, carving requires a degree of skill and technique. For stability, place the roast on its side on the cutting board with the shank bone facing away from you. Cut two or three lengthwise slices from the section of the meat facing you. This will allow the meat to sit flat on the cutting board.



Turn the roast over and up, so that it sits on the cut area. Hold the roast steady with a long-handled meat fork inserted into the meat opposite the shank bone. Holding the knife perpendicular to the cutting board and starting by the shank bone, cut across the grain into uniform, thin slices about .5cm in width.



When you reach the bone, release the slices by cutting under them along the leg bone. Turn your lamb around and repeat. Be careful of the direction you're cutting as it will be a different angle to the first time – just be sure to go across the grain. If you find there is a fair bit of meat leftover on the bone, simply cut it away in smaller pieces and reserve for leftovers.

## WHY YOU SHOULD CARVE ACROSS THE GRAIN

When you cut with the grain of the meat, you wind up with pieces of long muscle fibres. Despite all your best cooking know-how, cutting in this way can leave you with a rubbery meat that is simply unpleasant to chew. However, when you carve across the grain you're shortening those muscle fibres which makes for a more tender mouthful.

## LEFTOVERS

We cannot of course forget any remaining lamb. It can be cooled and stored in the fridge for 3-4 days. You can use it for sandwiches, wraps, salads and soups and the bone can be used to flavour a delicious lamb broth or stock.

See our simple and nutritious recipe for bone broth on the next page. To maximise the proclaimed health benefits, warm 150-250gm and sip like a tea each day, or use as base for soups, stews, casseroles or sauces.

# LAMB BONE BROTH



**SERVES**  
MANY!



**TIME**  
24 HOURS



**METHOD**  
STOVETOP



**SUITABLE**  
FREEZING

### INGREDIENTS

1-2kg lamb bones  
+ enough water to just  
cover them in the pot  
1-2 onions, chopped  
4-6 cloves garlic, peeled  
4-6 black peppercorns  
3 Tbsp apple cider vinegar

### METHOD

Preheat oven to 220 degrees, Sprinkle or rub bones with olive oil, sea salt and dried rosemary. I also love to use Olssons 'Wild Thing' salt rub – it has natural Australian sea salt, onion, thyme, Juniper berry and rosemary and helps give the broth a depth of flavour that is (lets face it) often lacking in broth. Roast for 1 hour. The bones can get good and dark, but you shouldn't burn them. I can't emphasise how crucial the roasting step is – if you want tasty broth, its important! You can also scape up any burnt bits off the bottom of the pan and pop them in the pot in the next step. Transfer your roasted bones to a large pot, add apple cider vinegar, onion, garlic, and peppercorns. Cover with water. Bring to a boil.

### METHOD CON'T

Cover the pot, lower the heat, and simmer for 24 hours. There are lots and lots of differing opinions on what root vegetables to add, some people like carrots to add some sweetness, or leeks and celery. I'm a purist and I like a bone broth to be well, boney, not veggie, so I keep it simple. But feel free to get creative. After 24 hours, let the broth cool slightly on the stove top. It's really important to cool it in a reasonably short time frame, you don't want any bacteria getting a go on.

Chill in the fridge and freeze any excess. I always keep the layer of fat intact when I store it in the fridge, I think this helps preserve shelf life. Once I'm freezing it, then I remove the fat. You can also freeze the bone broth into ice cube trays to use for sauces and risottos and all those bits and bobs where you would add stock. If you've done things right, then the broth will be set to a jelly like consistency. To maximise the proclaimed health benefits, warm 150-250gm and sip like a tea each day, or use as base for soups, stews, casseroles or sauces.

