

MUTTON

Mutton and Lamb

MUTTON

In general, this name may be given to the meat of a sheep slaughtered when more than one year old. The meat of a younger sheep is known as lamb. However, since mutton does not have the good reputation it once had, it is quite common for meat from an older sheep to be given the label "LAMB".

In Victorian times and later, mutton was considered superior to lamb, since it had more flavor. Today, however, the more tender and succulent meat is preferred and lamb is more popular. Cuts of mutton are the same as for lamb, though larger, and the meat is darker in color with a stronger flavor. Mutton is braised best or boiled, or cooked in a traditional dish, such as Lancashire Hot Pot or Irish Stew though even these classic dishes are usually cooked with lamb these days. Recipes for mutton can be found in older cookery books. Roast or boiled mutton is traditionally served with onion or caper sauce.

It may be He-goat or She-goat. We can get lots of part from the carcass of goat. But as a question of yield we generally go for the hind or back leg portion and shoulder or front leg portion. In case of hind or back leg portion the yield of boneless mutton is 50%. But in case of with bone curry cut, the yield is 80%. For the preparation of Biryani, we generally go for the Riwaji He Goat, i.e. the goat contains lots of fat in it and the fat should be properly distributed. For the Biryani, from 1kg. of mutton we can get maximum 10 pieces. In case of normal curry cut from 1kg. of mutton we can get maximum 20-22 pieces. For the shoulder or front leg portion the yield of flesh is much more. But this is generally used for mincing process.

LAMB

Sheep have been domesticated all over the world for thousands of years and are bred for their wool as well as their meat. In Victorian times the meat of an older sheep was preferred and known as mutton. Now a days, mutton is considered tough and only fit for boiling, and tender young lambs, killed before they are a year old, are preferred. Most of the lamb available in Britain is home produced or imported frozen from New Zealand where it is produced on a massive scale. It is an important meat in many countries, specially those where beef and pork are not eaten, such as in many Middle Eastern countries.

The meat of young sheep is particularly tender and all the joints can be roasted. This is because lambs are slaughtered before their connective tissues become tough, so the tissues dissolve easily in the meat's natural juices during cooking. Cuts, such as chops and cutlets from the neck, are also suitable for grilling or frying. Other neck cuts are ideal for casseroles, stews and pies.

The fat in lamb should be crisp and white with the lean fine-grained, firm and pinky-brown. There is usually very little gristle. Freshly cut surfaces should look slightly moist and the bones be pinkish white.

Cuts & Methods of cooking :-

1. **SCRAG & MIDDLE NECK** are usually sold as neck cuts on the bone and used for stewing or braising. They are the traditional cuts for Irish Stew or Lancashire Hot Pot. The main 'Eye' of lean meat from the middle neck is now sold as 'fillet of lamb' and is ideal for grilling.

2. **SHOULDER** is a succulent, tender roasting joint, whether on the bone, or boned, stuffed and rolled. Sold whole or halved into blade and knuckle, both of which are good for roasting or braising. The shoulder or forequarter can be cut into chop size portions which are ideal for grilling or braising.

3. **BEST END OF NECK** can be purchased as a roasting joint with a row of 6 or 7 rib bones. The butcher will chine the back bone, to make carving easier. This is sometimes called 'rack of lamb'. It can be roasted on the bone or boned, stuffed and rolled. It is also sold as cutlets with 1 rib bone to each, for grilling or frying. When boned and rolled, they are called noisette. 2 best end necks joined together and curved, bones outwards, make a 'crown roast'. Facing each other, fat side outwards, they make a 'guard of honor'. Both these special occasion dishes can be stuffed before roasting.

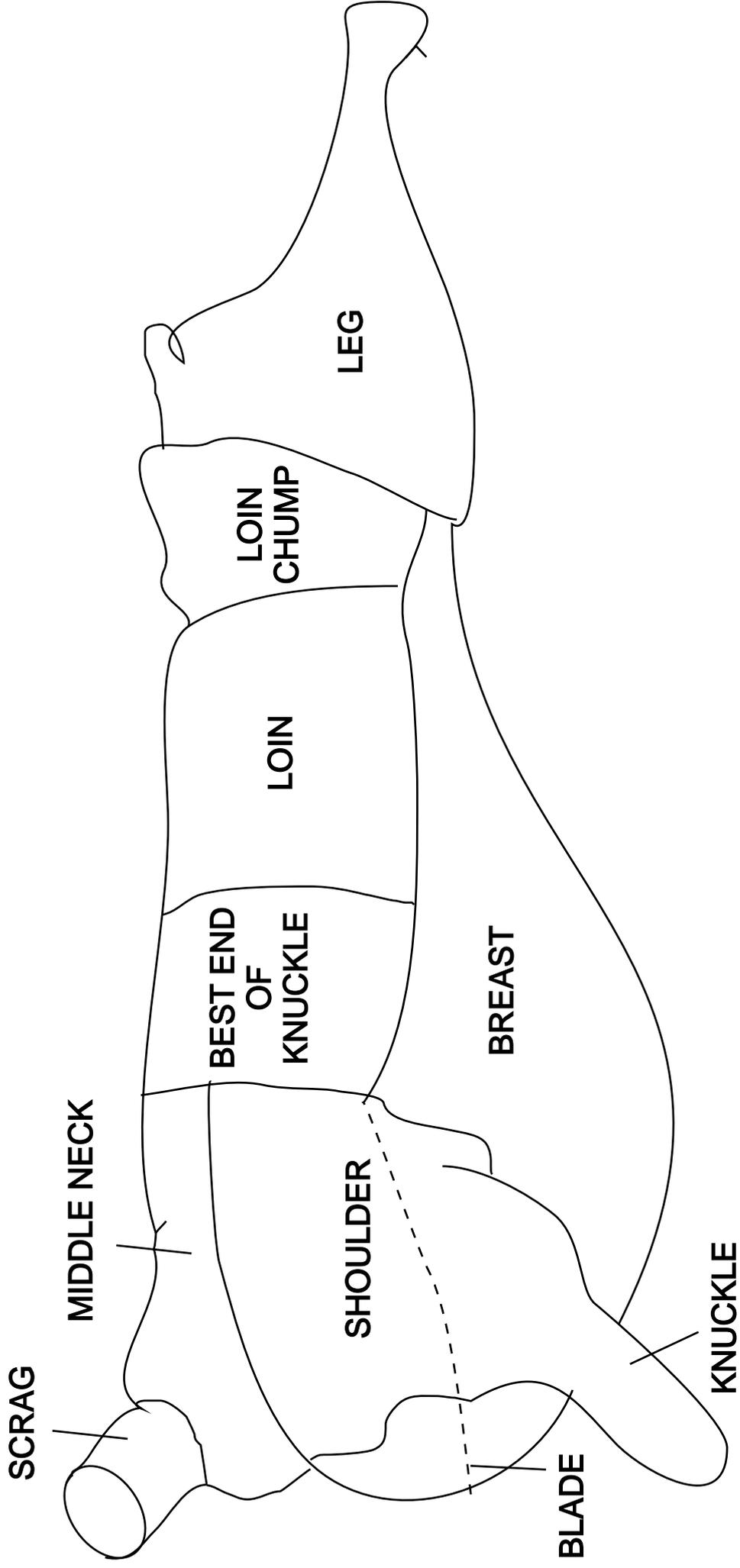
4. **LOIN** consists of both chump and loin chops. It can be roasted in the pieces, or boned, stuffed and rolled. Loin is usually divided into loin end and chump end, and cut into chops for grilling or frying. Chump chops are recognizable by the small round bone in the center, loin chops are recognizable by the small 'T' bone.

5. **SADDLE OF LAMB** is a large roasting joint for special occasion, which is the whole loin, from both sides of the animal, left it one pieces. Double loin chops (Barnsley Chops) are cut from a saddle of lamb. It is available to give the butcher notice if you require these cuts.

6. **LEG** is an excellent roasting joint on the bone or boned, stuffed and rolled. The leg is often divided into fillet end and shank end. The round leg bone steaks are better for boiling or braising than grilling and frying.

7. **BREAST** is a long, thin cut, streaked with fat and lean. When boned, rolled and stuffed, it is the most economical cuts for roasting or braising. Riblets of lamb breast make a suitable alternative to pork spare ribs for barbecuing, pan roasting, grilling etc.

8. **MINCED OR DICED LAMB** is a quick and convenient way to purchase lamb for dishes such as Shepherd's Pie, Moussaka, Kebabs, Casseroles, Stews etc.



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