

QUALITY LAMB

from Britain



AHDB

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Quality lamb from Britain

To produce delicious lamb dishes, you need high-quality ingredients and the knowledge and skills to prepare them.

The quality of the lamb determines its flavour, texture and colour when cooked, so choosing high-quality lamb is crucial if you want to impress your customers and show off your cooking skills.

Choose quality lamb from Britain.





Red Tractor Assurance

Red Tractor Assurance ensures you can trust the food you buy and eat.

It is the biggest food standards programme in the UK, covering all the areas consumers care about:

- Animal welfare
- Food safety
- Traceability
- Environmental protection

Red Tractor food and drink is responsibly produced to some of the most comprehensive and respected standards in the world. All stages are regularly checked by independent experts.



About British lamb

British lamb is a high-quality, nutrient-dense and delicious food. It is unique in that it can be produced by utilising a forage-based diet from land that would not otherwise be able to grow a food crop.

In the UK, grass makes up the majority of a lamb's diet.



Our natural landscape for quality lamb

In the UK, grass makes up most of a lamb's diet. The grass they eat is often grown in areas where land is too wet, too high or of too poor-quality soil to produce cereals and vegetables.

The British countryside is rich in natural landscape, which is unique to the specific farming region. Fields, woodlands, hedgerows, moors and scrubland, upland hills, dales, fells and lush pastures make it unique in its diversity.

Whether lamb is produced on rugged moorland, craggy mountains or on the herbs and heathers of coastal farms, it has a unique flavour.

Halal lamb

There is increasing demand for halal lamb. Sheep meat is a primary protein choice for Muslim consumers, so AHDB supports the halal sector with tailored trade and consumer marketing initiatives.

These include a Lamb Cutting Guide for the halal market with over 100 lamb-cutting specifications using the whole carcass. AHDB also supports several industry initiatives aimed at increasing halal consumer confidence in British halal meat.



Part of a healthy diet

Lamb provides essential nutrients that support overall health.

It is naturally rich in protein, low in sodium and provides seven vitamins and minerals* that contribute towards good health and wellbeing.

Lamb is also an excellent source of vitamin B12, which reduces tiredness and fatigue and helps the immune system work effectively.

*Lamb is rich in niacin, vitamin B12 and zinc and a source of vitamin B6, potassium, phosphorus, pantothenic acid.





The great taste of lamb

Lamb, sourced from the lush pastures of the UK, is renowned for its versatility in cooking and delicious taste. Whether it's roasted, barbecued or slow-cooked, it offers a depth of flavour and texture that can be adapted to suit many culinary styles.

From traditional roast lamb to exotic Middle Eastern dishes, it effortlessly takes on the flavours of the ingredients it's cooked with, making it a truly flexible choice for any meal.

The taste of UK lamb is second to none. Raised on a diet of fresh grass, it develops a unique, rich and delicate flavour making it a favourite among consumers worldwide.



Roast Boneless Shoulder of Lamb with Watercress, Goat's Cheese and Mint Stuffing

Serves: 10

Preparation time: 15–20 minutes

Cooking time: 25 minutes per 1lb, plus 25 minutes (for medium); 30 minutes per 1lb, plus 30 minutes (for well done)

Ingredients:

1 x 4lb lean boneless lamb shoulder joint
2 tablespoons dried mixed herbs
1 tablespoon oil

For the stuffing:

2 large garlic cloves, peeled and finely chopped
6 tablespoons freshly chopped mint
2 packets fresh watercress leaves, roughly chopped
7oz firm goat's cheese, diced

Tip: This recipe works well using boneless breast of lamb too.

Method:

1. To prepare the stuffing: in a large bowl, mix all the ingredients together.
2. Preheat the oven to 350–375°F.
3. Place the joint on a chopping board, remove any butcher's string or elasticated meat bands (reserve for later), unroll skin-side down and season on both sides with salt, pepper and dried mixed herbs.
4. Spread the stuffing mixture evenly over the joint, but do not overfill. Roll up and secure with new butcher's string or the reserved elasticated meat bands.
5. Weigh the joint and place on a metal rack in a large non-stick roasting tin, and drizzle with the oil. Roast for the preferred, calculated cooking time. Cover with foil if browning too quickly. Remove from the oven, cover and set aside to rest for 15–20 minutes.
6. Serve with the spinach, carrot and cucumber salad.



Warm Lamb and Noodle Salad

Serves: 4

Preparation time: 10 minutes

Cooking time: 8–10 minutes (for medium)

Ingredients:

4 lean lamb leg or rump steaks, fat removed
2 teaspoons Chinese five-spice powder
4 tablespoons sweet chilli sauce
2 tablespoons plum or damson jam, softened with a little hot water
2 teaspoons oil
1 tablespoon sesame seeds
300g hot cooked egg or rice noodles, to serve

For the salad:

1 small bag mixed salad leaves
6oz fresh radishes, sliced
1 small red onion, peeled, halved and thinly sliced
1 tablespoon oil

Method:

1. Place the steaks on a chopping board and season on both sides with salt, pepper and Chinese five-spice powder.
2. Place all the salad ingredients into a large bowl, except the oil, and season. Drizzle with 1 tablespoon of the oil and set aside.
3. In a small bowl, mix together the sweet chilli sauce and plum or damson jam.
4. Heat the remaining 2 teaspoons of oil in a large, non-stick wok or frying pan over moderate heat. Add the lamb and cook for 4–6 minutes on each side until cooked. Halfway through cooking, add the sesame seeds. Remove the lamb from the pan and transfer to a warm plate to rest for 2–3 minutes, then slice into strips.
5. Arrange the warm noodles on a serving plate and add the salad, then arrange the lamb on top. Spoon over the sweet chilli dressing and serve immediately.



Orange and Date Stuffed Guard of Honour with a Marmalade and Orange Glaze

Serves: 4–6

Preparation time: 15 minutes, plus soaking time

Cooking time: 25 minutes per 1lb, plus 25 minutes

Ingredients:

2 x 6-boned racks of lamb, chined (to make your Guard of Honour)

2 teaspoons ground cinnamon

1 tablespoon oil

3 tablespoons orange marmalade

For the orange and date stuffing:

25g dried dates, roughly chopped and soaked overnight in 5 tablespoons orange juice

50g fresh breadcrumbs

3 tablespoons freshly chopped parsley

Grated zest and juice of 1 small orange

Method:

1. Preheat the oven to 350–375°F.
2. To prepare the stuffing: drain the dates, reserving the orange juice, and transfer to a small bowl. Add the remaining stuffing ingredients.
3. Place the lamb on a chopping board, season and sprinkle the cinnamon all over on both sides.
4. Heat the oil in a non-stick frying pan over medium heat. Add the lamb, skin side down, and cook for 1–2 minutes on each side until brown. Remove and place on a clean chopping board.
5. Fill the cavity of each rack with the stuffing mixture and sandwich together to form an arch. Secure with butcher's string or elasticated meat bands.
6. Weigh the racks, transfer to a medium-sized roasting tin lined with foil and roast for the calculated cooking time (for medium). Cover the lamb bones with foil if browning too quickly.
7. In a small bowl, mix together 2 tablespoons of the reserved orange juice and the marmalade. Ten minutes before the end of the cooking time, brush the lamb racks with the marmalade glaze. Remove from the oven and set aside to rest for 5 minutes.
8. Slice the lamb guard of honour and serve with mini roast potatoes and seasonal vegetables.



Lamb Mini Roast with Anchovy, Mint and Lemon Dressing

Serves: 2–3

Preparation time: 10 minutes

Cooking time: 35–40 minutes (for medium)

Ingredients:

1 x 14oz–11lb lean mini lamb roasting joint (we used lamb topside)

2 tablespoons extra virgin olive oil

For the anchovy, mint and lemon dressing:

Large bunch freshly chopped mint leaves, stalks removed

2 teaspoons sherry vinegar

12 anchovy fillets in oil, drained

4 teaspoons Dijon or wholegrain mustard

Juice of 1 lemon

2 tablespoons honey

Method:

1. Preheat the oven to 375°F.
2. Place the joint on a chopping board, make several slits over the surface, season and drizzle with the oil. Transfer to a roasting rack in a medium roasting tin and roast for 35–45 minutes (for medium).
3. Meanwhile, prepare the dressing: place all the dressing ingredients in a food processor or blender, season and whizz together until smooth. Transfer to a small bowl and set aside.
4. Remove the lamb from the oven, transfer to a warm plate, cover with foil and leave to rest for 5–10 minutes.
5. Slice the lamb, arrange onto warm plates and drizzle over the dressing. Serve with crushed new potatoes and seasonal vegetables.



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