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grown to maturity in feedlots where they are fed specially formulated feed while most lambs are finished on grains some lambs are raised on pasture and are finished on grass grass finished lamb is usually distinguished on the label how is lamb inspected lamb is not just for special occasions but for everyday with these delicious lamb recipes for rack of lamb lamb chops lamb shanks leg of lamb kebabs and more check out my internal temperature cooking chart for perfect lamb every time this one pan roast leg of lamb is the easiest way to make a full roast dinner using only one roasting tin we add the veggies in at different times to ensure everything is finished at the same time the vegetables are roasted in the oil and the meat juices so they taste divine lamb is a very versatile meat and readily available at local markets yet surprisingly lamb is not a big favorite in america perhaps a little history and information will explain why the definitions for lamb hogget and mutton vary considerably between countries younger lambs are smaller and more tender mutton is meat from a sheep over two years old and has less tender flesh in general the darker the colour the older the animal whether lamb makes a regular appearance in your meal plan or you re new to cooking with it know that there are plenty of ways to serve it for dinner and to help you out we ve compiled more than 30 delicious lamb recipes to get you started 1 countable noun a lamb is a young sheep lamb is the flesh of a lamb eaten as food laura was basting the leg of lamb 2 countable noun people sometimes use lamb when they are addressing or referring to someone

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