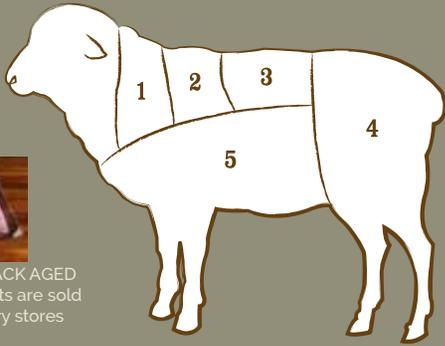


POPULAR HALAL LAMB CUTS



AVAILABLE PACK AGED
Many lamb cuts are sold
in most grocery stores

1. SHOULDER AND NECK



NECK SLICES



BLADE CHOP



SQUARE CUT
SHOULDER
WHOLE



BONELESS
SHOULDER
ROAST



ARM CHOP

2. RACK



CROWN ROAST



RIB CHOP

3. LOIN



LOIN CHOP

4. LEG



WHOLE LEG



BONELESS LEG



SIRLOIN

5. FORESHANK AND BREAST



SHANK



RIBLETS



SPARERIBS /
LAMB BELLY

OTHER POPULAR CUTS



GROUND LAMB



CUBED LAMB



WHOLE LAMB

LAMB AND POMEGRANATE STEW WITH WALNUTS

8 servings

Preparation time: 15 minutes

Cook time: 1 hour and 20 minutes



1 1/2 cups walnuts	1/2 cup pomegranate molasses*
1 - 2 tablespoons olive oil	1 can (14.5 ounces) beef or chicken broth
2 onions, finely diced	Toasted walnuts, pomegranate seeds or chopped parsley, optional
2 pounds boneless certified halal American Lamb shoulder, stew or leg	Salt, to taste

Finely chop the walnuts either in a food processor or with a knife. Set aside.

In a large casserole or Dutch oven heat one tablespoon of oil over medium heat. When the oil is hot, add half the lamb and cook until browned. Transfer the meat to a bowl then repeat and brown the remaining lamb, adding more oil if necessary. Transfer the browned lamb to a bowl.

Add the onions to the casserole and cook over medium heat until softened, scraping up any brown bits with a wooden spoon, about 5 minutes. Add the walnuts and cook until the nuts begin to toast and become fragrant. Add the lamb back to the casserole along with the pomegranate molasses and broth; bring to a boil then reduce the heat. Cover and simmer on low for one hour, stirring every 20 - 30 minutes.

Remove the lid and cook over medium high heat reducing the liquid for about 5 - 10 minutes or until sauce has thickened. Salt to taste. Garnish with toasted walnuts, pomegranate seeds or parsley. Serve with rice.

**Pomegranate molasses is available in Middle Eastern and gourmet specialty shops. To make pomegranate molasses, combine 2 cups pomegranate juice, 1/4 cup sugar and 1 tablespoon of lemon juice in a saucepan. Simmer gently until the mixture has reduced to 1/2 cup.*

FROM PASTURE PLATE



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SHARE THE LOVE.

IT'S A FAMILY AFFAIR

Just as you love and care for your family, American farmers take great care in raising well-nourished lamb. More than 80,000 family farmers raise healthy, American lamb across every state in the U.S. Learn more about your local shepherd at www.americanlamb.com.

WHOLESOME LAMB



Sheep are raised on nutrient-dense diets rich in fresh, young grasses and other forage resulting in a lean, delicate tasting lamb meat. American farmers take pride in their breeding and nutrition practices to produce pasture-raised lamb that's known for its clean freshness, delicate flavor and succulent texture.

No artificial or synthetic growth hormones are used in lamb production in the U.S.*

**Although growth hormones are not used in lamb production in the U.S., they are legal to use.*



LAMB IS LOCAL

10,000 miles fresher than imported lamb, American lamb is local, resulting in a milder, more succulent, and tender lamb. Only American lamb goes from pasture to plate within a few days, which makes it always fresh.

RAISED WITH GOODNESS



Producers take great care in making sound production management decisions that keep the health and welfare of the animal and the environment in mind, which naturally yields lean and flavorful meat:

- Sheep producers care for their sheep by making sure they have quality natural grazing, clean water, care and assistance during lambing, and protection from predators.
- No artificial growth hormones are used in lamb production in the United States.
- ALL American Lamb is either USDA inspected for wholesomeness or inspected by state systems equal to the federal government.

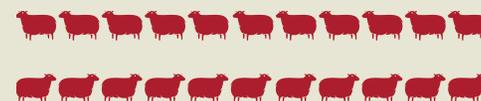
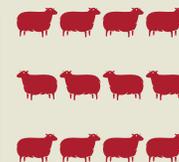
NOURISH YOUR FAMILY WITH HEALTHY, AMERICAN LAMB

One lean 4oz serving of American lamb provides:

- An excellent source of high-quality protein
- Vitamin-rich benefits
- Nearly half the daily requirement of zinc
- An ideal source of iron
- A heart healthy meat high in good fats

Source: USDA National Nutrient Database for Standard Reference

American lamb is
**10,000 MILES
FRESHER**
than imported lamb



**FRESH, NOT FROZEN
HALAL CERTIFIED**

Come home to fresh, traditional American lamb. Find lamb recipes and more for your family at www.americanlamb.com