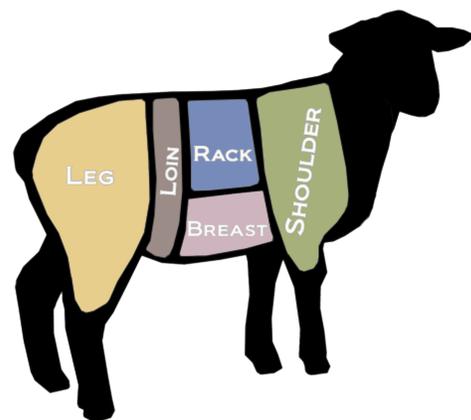


WILLOW CITY FARM

LAMB CUTTING INSTRUCTIONS PAGE

Please use these pages to select the best cuts from your whole or half lamb. If you have any questions about a cut or choice, don't hesitate to contact Willow City Farm @ 217-899-4562 or info@willowcityfarm.com.

In meat terms, a lamb is a young sheep between 5 & 12 months. Our lambs are fattened on milk & pasture, and are slaughtered at 110 – 120 lbs. Our lambs generally produce about 60lbs of useable meat, excluding bones and organ meats.



What do I do?

Filling out a cut sheet does not need to be a stressful experience at all. Think of it as your way to be creative (if you want). If you have never done a cut sheet before and have questions, we are here to help. Finally, if you don't want to think about special butchering and just want the most common cuts with no effort, no problem. We can give you the most popular cuts!

How does this work?

The picture of the lamb is broken down into colored and labeled regions. We have color coded each section to match.

What if I want something special?

If you have a special desire for your cuts, simply write that into the cut sheet in that section. We will check with the butcher to ensure your special requests can be fulfilled.

THE SHOULDER: ROAST, CHOPS, STEW MEAT

As with beef, the lamb's shoulder is a tougher section of meat because of the amount of activity the muscle sustains. Nevertheless, the meat from the shoulder can still be roasted, though you will want to slice it thin. Leftover meat from a shoulder roast can be put through a meat grinder for shepherd's pie or taco filling. Lamb chops are particularly nice marinated in a vinaigrette and grilled. Alternatively, you can braise the shoulder and use it for pot roast or stew meat. Kabobs are also an option, and of course, shoulder meat can be ground.

THE BREAST (FORESHANK): ROASTS, RIBLETS, GROUND

The norm these days is to grind the breast meat, but it is delicious if requested whole as a roast. The breast has more fat compared to the rest of the lamb, comparable to the brisket from a cow, so use a roasting rack – then you can use the fat for roasting potatoes and finish the breast at a high heat to crisp it. You can also order the breast to be dressed as exquisite riblets; good barbecued or oven-roasted. Denver ribs come from the lamb's breast.

THE RACK: RIBS

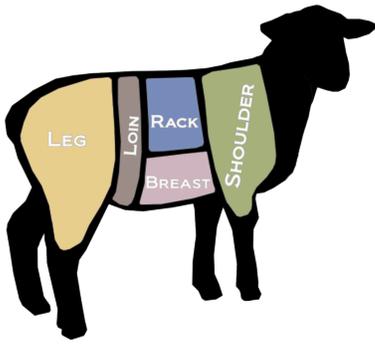
The rack of lamb can be cut into rib chops, excellent marinated and grilled, or else dressed whole and frenched as a rack of lamb, an impressive centerpiece for a special meal.

THE LOIN: ROASTS, CHOPS

Nestled between the ribs and the hind legs, the loin is a tender portion of meat. This is portion is dressed out as either roasts or chops, good for dinner parties or grill outs. The chops make a particularly nice quick meal—thawed during the day, and then pan-fried and served with your favorite sauce.

THE LEG: ROASTS, CHOPS, GROUND

Like the shoulder, the leg gets a lot of work. For this reason, the shank, or lower leg, is typically ground. Nonetheless, the shank can be left whole and braised with wine or butter for a rich and satisfying dinner, or wrapped in foil and baked for the ultimate comfort food. The upper part of the leg is traditionally left whole and roasted, though it can also be cut into chops, miniature roasts, or steaks.



WILLOW CITY FARM LAMB CUT SHEET

Whole OR Half

Please use this sheet to select the best cuts from your lamb. If you have any questions about a cut or choice, don't hesitate to contact Willow City Farm @ 217-899-4562 or info@willowcityfarm.com

Name: _____

Phone: _____ Email: _____

PLEASE SELECT ONE OPTION FOR EACH PART

Vacuum Seal OR Freezer Paper

THE SHOULDER: ROAST, CHOPS, STEW MEAT

- Whole Roast:** Bone-In or Boneless
- Chops** Thickness of Chops: ¾" 1" 1 ¼" 1 ½" 2" Chops/ pack: _____

THE BREAST (FORESHANK): ROASTS, RIBLETS, GROUND

- Shoulder Steaks** Thickness: ¾" 1" 1 ¼" 1 ½" 2" Steaks/pack: _____
- Ground Lamb/Kabobs/Stew Meat**

THE RACK: RIBS

- Rack of Lamb** (not available for ½ lamb)
- Rib Chops:** Thickness of Chops ¾" 1" 1 ¼" 1 ½" 2" Chops/pack: _____

THE LOIN: ROASTS, CHOPS

- Whole Bone-In Roast**
- Loin Chops:** Thickness of Chops ¾" 1" 1 ¼" 1 ½" 2" Chops/pack: _____
- Boned & Rolled Chops**
- Ground Lamb/Kabobs/Stew Meat**

THE LEG: ROASTS, CHOPS, GROUND

- Whole:** Bone-in Boneless
- Halved** Bone-in Boneless
- Leg Steaks (Cutlets)** Thickness: ¾" 1" 1 ¼" 1 ½" 2" Steaks/package: _____
- Ground Lamb/Kabobs/Stew Meat**

TRIM + EXTRAS

- Stew Meat Ground Lamb Neck Bones Shanks left whole (2/pack)
- Heart Kidney Liver Other _____ (Organs available only for whole)

SPECIAL INSTRUCTIONS: Use this box for any/all instructions related to specific cuts of meat.