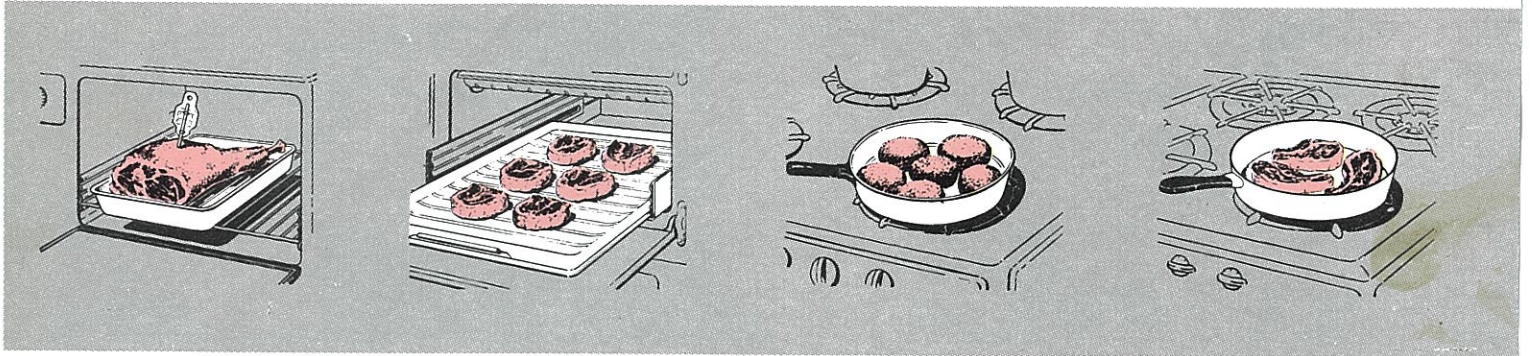


# Tips on "cooking methods"



## HOW TO ROAST

Season with salt, pepper and herbs if desired. Place fat side up on rack in open roasting pan. Insert meat thermometer, making sure it does not rest in fat or against bone. Roast at 300 degrees F. Add no water. Do not cover. Do not baste. Roast to degree of doneness desired.

## HOW TO BROIL

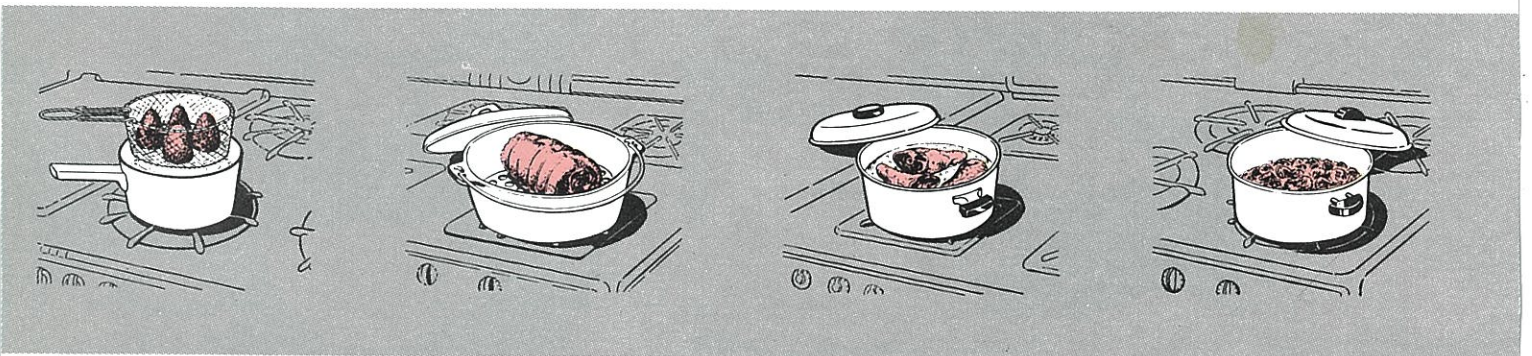
Set oven regulator for broiling. Place meat on broiler rack two to three inches from heat. Broil until top of meat is brown, season with salt and pepper, turn and brown other side. Season and serve immediately.

## HOW TO PANBROIL

Place meat in heavy frying pan. Cook over low heat without adding fat or water. Do not cover. Turn to insure even cooking, pouring off fat as it accumulates. Brown meat well on both sides but do not overcook. Season.

## HOW TO PANFRY

Season meat and dredge with flour if desired. Brown on both sides in a small amount of fat. Do not cover and use moderate temperature for frying. Brown well on both sides, drain, serve at once.



## HOW TO DEEP-FAT FRY

Coat meat with seasoned flour, batter or with cornmeal, eggs and crumbs. Fry a few servings at a time in enough fat to cover meat, using approximately 350 degrees F. temperature for frying. Continue to cook until meat is done inside and is golden brown and crisp outside. Remove from frying kettle and drain; serve at once.

## HOW TO BRAISE

Brown meat on all sides in hot fat in heavy utensil. Season. Add small amount of liquid, if necessary. Cover tightly and cook at simmering temperature until tender.

## HOW TO SIMMER LARGE CUTS

Cover meat with hot or cold water. Season with salt and pepper. Cover kettle tightly. Cook slowly, allowing to simmer but not boil. Add vegetables, if desired, just long enough before serving to be cooked.

## HOW TO SIMMER STEWS

Cut meat in one to two inch pieces and brown on all sides in fat if desired. Browning is not essential, however, if you prefer unbrowned stews. Season. Cover with water and cover kettle tightly. Cook slowly until done. Add vegetables just long enough before serving to be cooked properly.



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