

OLD SALT
CO|OP

LAMB RECIPE E-BOOK



Featuring Old Salt Co-op lamb from **Sieben Livestock Co**
Available for purchase at www.oldsaltco-op.com

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INDEX

LAMB FACTS

03 | Birth, Grazing, Names, and Water

GRILLED LAMB CHOPS

04 | Recipe for grilled lamb chops and creamy peas with fresh herbs

A DELICIOUS MEMORY

06 | From Old Salt Co-op board president Cooper Hibbard of Sieben Livestock Co

BROILED LAMB LEG STEAK

07 | Recipe for broiled lamb leg steak with charred vegetables

MORE LAMB FACTS

09 | Breed, Flavor, Labor, and Diet

LAMB SHOULDER TACOS

10 | Recipe for lamb shoulder tacos with homemade corn tortillas

THE SOUND OF HAPPINESS

13 | From Old Salt Co-op board president Cooper Hibbard of Sieben Livestock Co

CRISPY LAMB MEATBALLS

14 | Recipe for crispy lamb meatballs and tangy jar salad

OLD SALT MISSION

16 | Join our efforts to rebuild a resilient, regional supply chain in Montana



We love working with lamb at Old Salt from one of our founding ranches, Sieben Livestock Co. It's amazingly delicious, mild in flavor, and very easy to cook. While the price of lamb tends to be higher than beef, there are good reasons for this from both a nutrition and ranching perspective.

Sheep are incredibly personable animals that provide an array of valuable products. It's hard to imagine human history without the crucial role of wool fiber, meat, and milk for cheese. At one time, Montana raised more sheep and produced more wool than any other state in the entire country.

In this lamb e-book, we'll share four easy-to-repeat recipes and talk a little about the unique role of sheep in enhancing our beloved Montana landscapes.

BIRTH

Lambing season is in the Spring time (April in Montana). Twins or triplets are encouraged and normal due to selective breeding practices. Attentive humans are monitoring the flock around the clock to ensure safety, comfort and successful birthing. Once the lambs are born, they will venture out to lush Spring pastures and begin their journey alongside mother.

GRAZING

Sheep are complementary to cattle when it comes to grazing. While cattle tend to eat around 80% grass and 20% forbes, the sheep are the exact opposite. Grazing one cow and one sheep in the same pasture will produce no negative effect. In fact, many old time ranchers will say that the best quality pastures have been grazed by both cattle and sheep.

NAMES

Sheep is plural for all of the animals in the flock. Ewes are female mother sheep. Lamb are the offspring of the ewes, typically less than one year old, male or female. Rams are intact male sheep that are used for breeding. Mutton refers to meat from older females or males. Once a lamb passes the one year mark, it may be referred to as yearling mutton.

LAMB FACTS

The old saying goes "most ranches were paid for by sheep" because sheep, for the first half of the 20th century, fulfilled the high demand for both wool and meat. American troops in both world wars were clothed and fed by wool and mutton. Returning vets did not care to eat sheep upon their return home because of the gamey flavor in their rations!

WATER

Sheep need less water than cattle. Taking sheep to water once a day can be sufficient, therefore allowing them to graze further into more productive mountain pastures.



GRILLED LAMB CHOPS

WITH CREAMY PEAS AND FRESH HERBS

FEEDS
2 - 3

TIME
30 MIN

DIFFICULTY
EASY

METHOD
GRILL

INGREDIENTS

4 lamb chops (rib or loin)

Salt/pepper/olive oil
for seasoning meat

2 C frozen peas
1 whole onion, diced
4 garlic cloves, chopped
1/4 C white wine
4 T sour cream
Zest from 1 lemon
2 T olive oil

Lemon juice, 1/2 lemon
Olive oil for finishing
Fresh herbs (basil/dill)

TIPS FOR GRILLING

Grilling lamb chops is a pretty straight forward process. The key is to not over-cook them. One thing that will help them cook evenly is to allow them to rest at room temperature for at least 1 hour before cooking. The heat from the grill will transfer more evenly when they are not so cold directly from the fridge.

Our preferred grilling fuel is typically the Lazarri brand mesquite charcoal. Any type will do, whether traditional briquettes, gas, or a different wood type.

Whether you are using rib loin chops or short loin chops (as we used in this recipe), cooking times may vary based on the thickness. Using a probe thermometer is a great way to gauge doneness on a thicker cut. Eventually you'll know just by touching the meat.

GRILLED LAMB CHOPS

WITH CREAMY PEAS AND FRESH HERBS



STEPS

1. Pre-heat the grill while the lamb chops rest at room temperature. Season the chops with olive oil, salt, and pepper on all sides just before putting on the grill. Alternatively, you can season the chops 24 hours ahead of time and leave in the fridge until 1 hour before cooking.
2. Once the coals are ready and spread evenly for medium high heat, grill the lamb chops on all sides until medium rare, 132 F internal temperature (or desired doneness). Depending on the temperature of your grill, this should only take around 8 - 10 minutes. Make sure the chops rest at least a few minutes before slicing into them.
3. While the chops are grilling, put a pot on the grill to start the peas. Or make them on the stove top but don't ignore the chops while they are on the grill!
4. To make the peas, put the pot over medium high heat. Once hot, add 2 T olive oil, onion, and garlic, stirring occasionally until everything begins to soften. Add the frozen peas and white wine and continue stirring for a few minutes. Once the peas are close to done, add the lemon zest and sour cream. Continue stirring until everything comes together and remove from the heat. If you like extra creamy peas, you can puree 2/3rds of them and mix with the remaining 1/3rd for a smoother texture.
5. To finish, place the peas in a large serving bowl. Slice the larger pieces of meat away from the bone, and then into smaller slices. Place the meat slices and bones on top of the peas. Finish with a squeeze of lemon, a drizzle of olive oil, and fresh chopped herbs.



“

The best lamb I ever had was an asado in Argentina. I was working as a gaucho (cowboy) in Patagonia on a ranch that ran 12,000 mother ewes. One guy had a leg of lamb strapped to his saddle and another carried a bag of rolls that had been fried in lamb fat the day before. The guy with the leg of lamb would peel off at some point and cook it over an open fire. Later in the day we would all meet in a cove and use our knives to slice thick chunks off the leg and sandwich them in between the rolls. It was so good.

COOPER HIBBARD, SIEBEN LIVESTOCK CO
OLD SALT CO-OP BOARD PRESIDENT



BROILED LAMB LEG STEAK WITH CHARRED VEGETABLES

FEEDS
2-3

TIME
20 MIN

DIFFICULTY
EASY

METHOD
OVEN

INGREDIENTS

1 lamb leg steak
(around 1 LB in size)

For meat spice rub:

1 T salt, 2 t pepper, 2 T smoked
paprika, 2 t mustard powder, 1
t celery seed powder, 1 t garlic
powder

3 T olive oil

1 Onion, large dice
1 Fennel bulb, large dice
1 Red pepper, large dice
(or whatever vegetables you
have on hand at the time)

TIPS FOR OVEN BROILING

Using the broiler in the oven typically means cooking from the top down. Adjust the oven rack so that it's about 6 to 8 inches from the heating element.

As always, remove your meat from the fridge and bring it closer to room temperature for more even cooking. You can either put the spice rub on right before cooking, or season the meat 24 hours in advance and keep in the fridge overnight. Remove to room temperature about 1 hour before cooking.

This is a one-pan dish. The meat and vegetables are cooked on the same tray, making for easy clean up. The juices from the meat will also be used to help season the vegetables.

BROILED LAMB LEG STEAK

WITH CHARRED VEGETABLES



STEPS

1. Pre-heat the oven on broil and make sure the oven rack is 6 to 8 inches from the heating element. Season the meat with olive oil and then a generous coating of the spice rub on both sides. Chop the vegetables to a roughly similar size and season with olive oil, salt, and pepper.
2. Once the oven is hot, place the meat and vegetables on a medium size cooking tray and put into the oven. Allow the meat to sear about 3 to 4 minutes depending on thickness and proximity to the heating element. Flip the meat to the other side and continue searing for another 3 minutes. Check for doneness. Recommend medium rare 132 F degrees internal temperature.
3. Once the meat is done, remove from the tray and allow to rest. Toss the vegetables with the remaining meat juices on the tray and place back into the oven to finish cooking until charred and tender.
4. To finish, slice the meat (after allowing to rest a minimum of 5 minutes) and place on top of the vegetables. Finish with a drizzle of olive oil.

BREED

Sieben Livestock Co, the lamb provider for Old Salt, runs a composite breed of sheep called Targhee. It's a dual purpose breed that produces both good quality wool and meat. They are naturally suited for mountain environments and generally do well in all areas (birthing, herding, and mothering abilities).

FLAVOR

Lamb has a reputation for being a strongly flavored meat, and while certain breeds may have more noticeable flavors than others due to genetics, diet, and age, the basic lamb flavor comes from branched chain fatty acids (BCFA) in the fat. Old Salt lamb from Sieben Livestock Co is exceptionally well balanced and mild, yet still contains just enough pastoral flavor to make it both unique and delicious.

COST

One of the reasons lamb is more expensive than beef is because they require more human labor in the form of protection from predators and guidance as to where to graze. A sheep flock typically requires a full-time herder to ensure the best outcomes. On the other hand, there's a much more intimate connection between human and sheep because of the constant interaction in management. Handling a large cow can be dangerous, but a sheep will easily submit itself with the right amount of pressure.

LAMB FACTS

Grass-finished lamb is typically best in the Fall and early Winter. We process our lambs in a 3 to 4 month window of time and freeze the meat for use during the year before the next Fall harvest cycle begins. This is the best way to honor the natural cycle of raising and caring for sheep in Montana.

DIET

Old Salt lamb from Sieben Livestock Co is a grass-fed and finished product. The lamb, after being weaned from mother's milk (typically initiated by the mother ewe), will continue grazing and finish on grass and alfalfa into the Fall.



LAMB SHOULDER TACOS

WITH HOMEMADE CORN TORTILLAS

FEEDS
2 - 3

TIME
90 MIN

DIFFICULTY
MEDIUM

METHOD
INSTANT POT

INGREDIENTS

2 lamb shoulder chops

1 T salt

2 T smoked paprika

1 T olive oil

1/2 onion, diced

1 head of garlic, halved

1 T ancho chili paste

1 medium can, whole
peeled tomatoes in juices

1 C water

1/2 onion, diced

1 avocado, sliced

2 limes, wedges

1 bunch cilantro, picked

For the tortillas (makes 12):

1 C corn masa

1 C water

TIPS FOR PRESSURE COOKING

The instant pot is a great way to turn tougher, more flavorful cuts into falling-off-the-bone tender results in a fraction of the time. You can also use a stovetop pressure cooker or go the slower but just as effective route of braising in the oven without pressure.

Allow the pressure cooker to naturally release pressure after the cooking time is completed, usually about 15 minutes.

If you have the time for the extra step, we recommend searing the meat first on the stovetop in a pan to get a really good sear on both sides. Then add the liquid and other ingredients to the same pan. Bring everything to a simmer and then add the meat and ingredients to the pressure cooker and begin the process. Alternatively, you can sear the meat in the pressure cooker first but it doesn't do quite as good of a job as searing in a pan. Or you can skip the searing step all together.

LAMB SHOULDER TACOS

WITH HOMEMADE CORN TORTILLAS



STEPS

1. Season the meat generously with salt and smoked paprika on both sides. Set the instant pot to saute function on high to get a moderate sear on the meat. Add 2 T olive oil and place the meat into the pot. After 3 or 4 minutes, you can add the other ingredients: halved garlic head, onion, whole peeled tomatoes and juice, ancho chili paste, and water.
2. Once everything is combined, seal the instant pot and set it to 45 minutes on high pressure. Let it cook and when complete, turn the instant pot off and let it naturally de-pressurize for about 15 minutes. While the meat is cooking, you can make the corn tortillas (process is detailed on the next page), or use your favorite store-bought variety.
3. Prepare the garnish for the tacos: small diced onion, lime wedges, picked cilantro, and sliced avocado. You can also add whatever else you love eating on tacos.
4. To finish, remove the meat into a bowl and taste the remaining broth. Add salt if necessary, otherwise pour everything over top of the meat after removing the bones (they should pull out easily from the meat).

LAMB SHOULDER TACOS

WITH HOMEMADE CORN TORTILLAS



STEPS

Note: you might not get this right on the first try. We recommend doing a test run for good practice.

1. Mix the corn masa and water together in a bowl with a spoon. Finish mixing by hand into a cohesive large round ball.
2. Portion the dough into smaller balls, around 1.25 inches in diameter, 12 equal sized portions.
3. Place a cast iron pan (or similar pan) over medium heat and let it get hot. As the pan is heating, begin pressing tortillas.
4. Start with one ball and place between a piece of plastic. A ziploc bag that has been butterflied open works well. You want a piece of plastic underneath and on top of the ball so it won't stick.
5. Using a tortilla press, flatten the ball into a tortilla. You're looking for a shape around 4 to 4.5 inches wide. Make sure it's not too skinny!
6. Gently peel the tortilla and place it as flat as possible into the hot pan. Cook for 1 to 2 minutes and flip to the other side. Continue cooking another 1 to 2 minutes until good color is achieved but not burned.
7. Place the finished tortillas in a bowl lined with a towel to keep warm before serving.





THE SOUND OF HAPPINESS AT 2 AM

”When I was a kid, I was on night check during lambing season. We would bed the mother sheep down in a big barn with plenty of straw. You’d think it might be a quiet scene but there was something special going on at 2 am when you walked into the barn from the freezing cold night. All of the steam and heat from their bodies. The sound of their breath as they lay helpless awaiting the birth of twins or triplets. Their eyes mostly closed, chewing their cud. Just content. There’s a constant noise and smell and warmth that’s really comforting. It’s the sound of happiness.”

COOPER HIBBARD, SIEBEN LIVESTOCK CO



CRISPY LAMB MEATBALLS WITH TANGY JAR SALAD

FEEDS
2 - 3

TIME
45 MIN

DIFFICULTY
EASY

METHOD
PAN

INGREDIENTS

- 1 LB ground lamb
- 2 T olive oil for cooking
- 1/2 C toasted breadcrumbs
- 1/4 C minced onion
- 2 garlic cloves, minced
- 2 t salt, 1 t pepper
- 1 egg, whole
- 1 T grainy mustard

For the salad:

- 1/2 C olives, pitted
- 1 T capers
- 3 - 4 pickled peppers
- 1/4 C feta cheese, crumbled
- 1/3 C green onion, small dice
- 1/3 C ripe tomatoes, chunks
- 1/2 C romaine lettuce, large dice
- 1/2 C iceberg lettuce, large dice
- 1/4 C parsley leaves, whole
- 2 T dill, chopped
- 1/4 C olive oil
- 2 T red wine vinegar
- Salt and pepper to taste

TIPS FOR GROUND MEAT

Ground meat is very versatile, lending itself to many combinations of flavors. Adding breadcrumbs and egg helps hold everything together, but they can certainly be omitted if there are allergy concerns. Whether making meatballs, meatloaf, or even skewers, it's a good idea to keep everything cold up until the time of cooking to better hold its shape.

TIPS FOR JAR SALADS

Making salads ahead of time in jars is a great way to keep easy meals prepared in the fridge. You can make these salads 3 to 4 days ahead of time and add the dressing when it's time to serve. The key with keeping the lettuce fresh is to add all of the cheese, tomatoes, pickled/acidic items to the bottom of the jar, then top with the fresh items (lettuce, parsley, chopped vegetables, etc). To dress, add the oil, vinegar, salt and pepper to the jar, secure the lid, and shake to incorporate.

CRISPY LAMB MEATBALLS WITH TANGY JAR SALAD



STEPS

1. Mix the ground lamb with all of the other ingredients and keep in the fridge until ready to portion and cook. You can do this 1 - 2 days ahead of time and/or freeze any meat to thaw and use at a later time. Any leftover cooked meatballs are also great to freeze.
2. Place a pan on medium high heat. Portion the meatballs by using two spoons. Scoop with one spoon and use the other to shape. Once the pan is hot, add the oil and begin placing the meatballs carefully into the pan. Space them out so the pan is not overcrowded. Cook for 2 -3 minutes per side, and remove with a slotted spoon onto a plate with a paper towel to catch excess oil. Repeat the process until all meatballs are cooked. Remember, not overcrowding the pan will allow you to get that crispy crust!
3. For the salad, place the olives, capers, pickled peppers, tomatoes, and cheese into the bottom of a large glass jar. Repeat with the fresh lettuce, parsley, herbs, onion, and any other chopped fresh vegetables you might care to add. Add the oil, vinegar, and seasoning to the top. Secure the jar lid and shake to incorporate everything well.
4. To finish, pour the salad into a bowl and top with the crispy meatballs. Taste and add more salt or pepper if needed.



OLD SALT
CO|OP

LESS THAN 2%
OF THE MEAT EATEN IN
MONTANA IS FROM HERE.

WE'RE OUT TO *Change* THAT.

We believe the land is kin. It is our job to leave it better. We envision a nourishing and resilient form of agriculture, wild and wide open habitat, and vibrant main streets.



MORE THAN
-a-
Meat Company

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