



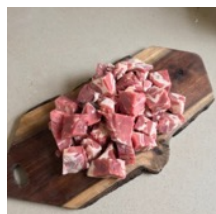
Grind lamb shoulder in your food processor for quick, delicious burgers & meatballs.



Equipment: A food processor is essential, and should be clean and cold. A good cleaver or other sharp knife, and a clean cutting board, are needed to cut the meat into large pieces.

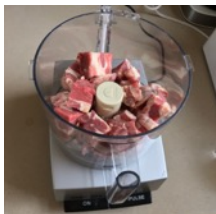


Type of Cut: Boneless lamb shoulder is a good choice for grinding because of its higher fat content.



What to Do: If lamb shoulder is frozen, let defrost overnight or about 8 hours in the refrigerator. You want the lamb to be still a little frozen, but just soft enough to allow for easy cutting.

Remove the netting and cut lamb into 1-2 inch-sized chunks. Very fatty bits should be cut a bit smaller.



If lamb shoulder is fully defrosted, cut into chunks and put them onto a baking sheet. Put the meat into the freezer for about 20 minutes, until chunks are a little frozen around the edges but still somewhat soft.



Fill the bowl of the food processor about 1/3 full and pulse several times, then let it run briefly until meat breaks down into smaller bits. Alternate pulsing and running the food processor until ground. Repeat with the rest of the lamb.

Keep refrigerated until ready to use.

We enjoy making simple lamb burgers, adding minced garlic and shallots, French herbes de Provence, and salt and pepper to small patties. Grill or pan fry in a little butter, on medium-high heat until just a little pink in the middle. Amazingly delicious!



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