EU: New cuts and presentations of lamb

Summer is ideal for eating lamb barbecues. This year, as new, thanks to the European promotion program being developed in Spain, many possibilities to enjoy the new cuts and presentations of this meat, smaller and easier to cook open, such as necklaces, churrasquitos, It tournedos ..., different and innovative for both outdoor consumption and household pieces. And without resorting to the oven.

One of the officers cooks the European Programme for the Promotion of lamb and suckling in Spain, Javier Robles, says the lamb and lamb meat are also for the summer. Therefore, it has developed and discussed three refreshing and simple recipes for these dates.

If tradition has marked the lamb is cooked and baked whole fish, with new submissions in the promotional campaign, they can be cooked in many other ways with very desirable results.

Javier Robles traveled throughout Spain as part of the promotional campaign showing the guild of butchers and Hospitality students these new courts and various forms of cooking.
For these summer days, the Flamenquín dish of traditional cuisine, widely used in daily menus, snacks and banqueting bars bars as we cover proposed. Usually made with cooked ham and cheese, sometimes with pork tenderloin. In doing with lamb gains in juiciness and flavor. "It combines the typical mix of ham / cheese with lamb meat patty is exquisite," said Robles, who adds that "it is ideal for casual dining type" snacking "center for both children and seniors."

Robles has a very Mediterranean recipe: pita stuffed with eggplant, lamb and yogurt sauce. It made with mutton quality becomes a very summery and fresh dish.

Finally, he proposes churrasquitos wok with vegetables. Sauteed vegetables with churrasquitos: lamb, marinated and well browned which gives the point to this as tasty light meal.

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