



A flavour of the mountains

Hill lamb is perhaps culinary Ireland's best kept secret, reared in the kind of landscapes that by their nature can't be intensively farmed. The animals roam free-range over extensive areas of mountain until they are brought down to lower land for winter and the lambing season.

Consumers are increasingly attracted to the idea of meat that is carefully reared, and equally to the concept of provenance. From Donegal to Wicklow to Kerry, from the Connemara Mountains to the Comeraghs - Hill Lamb has its own unique story.

The physical differences between hill and lowland lamb can be characterised by smaller, lighter and leaner carcasses, and a deeper colour meat. Meat reared by the sea is characterised by a distinctive flavour from the light salt washings that coat the heathers, hill flowers, herbs and various grasses that the lamb feed on.

Award winning Head Chef and Proprietor of L'Écrivain Derry Clarke points out "It is the flavour, brought about by their upland rearing, where the most significant point of difference emerges. Hill lamb graze over a much broader and more varied landscape than the lowland varieties, which results in a sweet succulent flavour from the meat. Hill lamb is always a favourite with our customers whenever we include it on the menu".

Gareth Duff, Head Chef at With Taste Banqueting Services is also an advocate of hill lamb. According to Gareth, "We recently included black face hill lamb at the FOOD&WINE Magazine Edward Dillon Restaurant of the Year Awards, where we catered for over 400 guest. The late seasonality of the product means that it is available from



Lamb cutlets with garlic, lemon and paprika.

early autumn to early Spring. We served a "duo" of lamb which involved lamb shoulder (boned and rolled) and loin of lamb. The shoulder was slow cooked for four hours at a low heat and the loin was sealed on a hot pan, then cooked for just six minutes in the oven and served medium rare".

SuperValu, Ireland's leading network of independent retailers, has recently announced the arrival of Irish Hill Lamb in all SuperValu stores across the country. The retail network of 194 stores is the biggest seller of Irish lamb in the country and one of the biggest supporters of Irish sheep farmers.

Donal Horgan, Managing Director, SuperValu says "SuperValu are delighted to be in a position to further support Irish lamb farmers. The availability of Hill Lamb will extend the season for offering good quality lamb to SuperValu consumers. It is our policy of sourcing and selling only 100% Irish meat, which ensures superior quality and farm to fork traceability, which is second to none. This long standing commitment to secure supply from local Irish producers has ensured consumer confidence in the SuperValu meat offering, which is served up by expert butchers across the network of 194 SuperValu stores".

Hill Lamb Suppliers:

Company	Contact	Address 1	Address 2	County	Telephone	Website
Comeragh Hill Lamb	William Drohan	Leamybrien		Co Waterford	086 858 3605	www.comeraghmountainlamb.ie
Dawn Meats Ltd	Alan Cashman	Carrolls Cross	Kilmacthomas	Co Waterford	051 295295	www.dawnmeats.com
Kepak	Sean Coffey	Watergrasshill		Co Cork	021 451 3232	www.kepak.com
M&K Meats	Michael Bermingham	Greenogue	Rathcoole	Co Dublin	01 4587942	www.mkmeats.eu
Musgrave Retail Partners Ireland	Orla Murphy	Tramore Road	Cork	Co Cork	021 4803692	www.musgrave.ie
Ring of Kerry Lamb	Timmy Fleming	Bridge Street	Caherciveen	Co Kerry	1890 252 978	www.ringofkerryqualitylamb.ie