GUIDE

BUYERS GUIDE

From nature to the table – flavoured by the wild pastures of Iceland

ICELAND LAMB
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We are proud of our lamb

Sheep farming in Iceland is as old as the settlement of Iceland itself. To this day farmers are rearing their sheep by a method established by centuries of tradition, with most farms still family-owned and operated. The breed is still the same as in the time of the Vikings – sturdy small animals, well adapted to the environment.

Much of Iceland’s lamb production is simply based on sustainably harvesting the bounties of nature. The use of hormones is prohibited and antibiotics are strictly regulated.

The Icelandic weather, unpolluted air and abundant supply of clean mountain water make the use of pesticides and herbicides unnecessary.

The cool climate protects the land against many diseases and pests which plague agriculture in warmer latitudes. Due to Iceland’s geographical isolation and agricultural regulation, which prohibits the importing of live animals, many common animal diseases are yet unknown in Iceland.

The lambs are entirely reared outdoors. Their natural diet of sedge, willow, thrift, mass campion, and berries makes the Icelandic lamb instantly recognizable for its delicious and distinctive taste.

Contact us
...and buy your Iceland Lamb

Please go ahead and contact producers in Iceland and see what they can do for you. The website www.icelandlamb.is contains information about vendors, as well as their contact details.

Icelandic lamb can be provided and shipped to any part of the world, based on the needs of the buyer. Icelandic meat producers do their utmost to meet their customers’ requirements and are willing to cater to special demands, e.g. regarding the trimming and breaking down of the lamb.

“We are proud of our lamb and we invite you to enjoy our product.”

– Sindri Sigurgeirsson
Chairman of the Icelandic Sheep Farmers Association and The Icelandic Lamb Marketing board
High quality food from the land of fire and ice

More than a thousand years ago, Viking explorers discovered this small island that now offers a fascinating blend of natural beauty, adventure, art, culture, gourmet cuisine, and high quality food.

Iceland is situated in the North Atlantic midway between North America and Europe. Covering an area of 103,000 square km. (nearly 40,000 square miles), Iceland is one of the youngest major land formations on earth. The capital city of Reykjavík has 120,000 inhabitants, which makes up almost half of the total population of 319,000. The rest is spread around the island in farms and small villages, mostly along the coast.

The name “Iceland” and that it is located only 30 miles below the Arctic Circle can be deceiving, because the Gulf Stream actually provides Iceland with a mild climate.

Summer temperatures in the low 60’s (15°C) are not uncommon with perpetual sunlight from May until August. The national language is Icelandic, which was spoken by the Vikings and has remained mostly unchanged since the time of their settlement.

Iceland, with its 4,000 farms has a proud agricultural heritage. Most farms are small and family-owned.

“WHEN PRODUCING HIGH QUALITY MEAT YOU NEED UNPOLLUTED RAW MATERIALS. ICELANDIC SHEEP FARMERS CAN GUARANTEE THAT”

– Eva Dögg Porsteinsdóttir sheep farmer, South Iceland
Flavoured by the wild pastures

In an environment where consumers are increasingly conscious of their health, food must be safe to eat, pure and nutritious. For these reasons, Icelandic lamb meat is becoming recognized throughout the world for its healthy nutritional value and unique taste.

The Icelandic sheep is a direct descendant of the sheep first brought to the island by the Viking settlers. It has not been crossbred by importing other breeds. The cold climate influences the composition of the plants the sheep graze on. The lambs also move freely through extensive wild pastures in pristine mountainous landscapes. This, and the young age at slaughter (4-5 months), gives the meat unique quality and properties. The average carcass weighs around 16 kg (35 lbs.). The muscle has a high proportion of Omega-3 fatty acids and iron, giving the meat its wild game flavour. The distinctive taste is a result of the wild pastures; the grass and the aromatic and spicy herbs on which the lambs graze. Some subtle differences have been noted between the flavour of meat from lambs grazing in the highlands, the lowlands, and by the seashore. The meat is very tender and has a fine texture due to its high amount of red muscle fibres, which is influenced both by the breed and its grazing habits. The tenderness is enhanced by electrical stimulation and strict control of chilling rates.

“MY COOKING IS ALL ABOUT NATURE, CLEAN FLAVOURS AND PURITY – THAT’S WHY I USE ICELANDIC LAMB”

– Agnar Sverrisson, chef patron, Texture restaurant, London
Sheep farming – a cultural heritage

Sheep farming is practiced throughout Iceland, although it is most common in sparsely settled areas. About 2,000 farmers are engaged in sheep farming. Icelandic sheep are short-tailed and belong to a breed formerly common in northwestern Europe, but now only to be found in very few areas of the world. It is a strong, hardy race which has adapted well to Icelandic conditions.

**SHEEP BREEDING**

Icelandic farmers, along with scientists, have been involved in sheep breeding for decades aiming to produce high quality meat. The breeding is unique in that more than 90% of the sheep stock is registered in a breeding database where scientists and farmers can use the information to improve their production. From the beginning, the main emphasis in the breeding of the Icelandic lamb has been a higher quality of meat. The focus has always been on increased muscle build-up, but during the last two decades, farmers have put an equal effort into decreasing fat. These properties have changed dramatically, especially in the last ten years. Breeding advances have also increased due to the regular use of the country’s best rams for inseminations across the country.

**LAMBS ARE FREE RANGE**

A few weeks after the lambing in May, sheep are sent to run free and graze in mountain pastures until autumn, feeding on the rich and nourishing vegetation. Many farmers formerly allowed their sheep to graze in outlying pastures over the summer months, but as a result of the recent reduction in flocks, animals are increasingly kept in home pastures.

**“WE PUT ALL OUR TIME AND EFFORT INTO MAKING A GOOD PRODUCT, AND IT IS ALL WORTH IT!”**

– Guðmundur Guðmundarson and Berglind Hilmarsdóttir, sheep farmers in South Iceland.

**GATHERING IN AUTUMN**

Farmers gather their flocks in the autumn. Usually, the round-up is carried out on horseback with assistance of sheepdogs. The process can take up to a week. During this time, participants stay overnight in mountain huts located throughout the highlands. Each sheep farmer has his own earmark in order to identify his livestock. After the gathering, the sheep are all sorted into designated pens, according to earmarks. Many people, farmers or not, come to watch or take part in this event on the last day, which is usually followed by a big celebration the same night. This is a tradition cherished by Icelanders.
From nature to the table

A SEASONAL PRODUCT – SALES PERIOD
Most slaughtering takes place in the autumn, making the supply of fresh lamb seasonal. In order to increase the supply of fresh lamb, there have been efforts to extend the slaughtering season which currently begins in August and ends late October. The sales period for fresh lamb is from September 1 to October 15. Frozen meat is available year-round. Product sales are generally moving to the period between spring and autumn and when slaughter begins, a large proportion has already been sold. The product is processed according to the buyer’s request during the slaughtering period, even though the product is delivered over a longer period.

PACKAGING AND SHIPPING
Icelandic lamb is shipped to the nearest port in North America and Europe. Transportation from Iceland takes approximately 4 to 5 days. Air transport is also an option. Packaging differs according to the needs of purchasers and the meat can be vacuum-packed, gas-packed, plastic film packed and bulk packed.

All carcasses are packaged in plastic and stockinette bags and are loaded into containers by hand.

HANDLING AND STORAGE
Animals slaughtered today are processed, sold, or frozen tomorrow. Meat delivered fresh to the market is stored in refrigerators at a temperature of -1°C. Frozen meat is sent for rapid freezing at -30°C and is then stored in freezers at a temperature of -24°C.

From nature to the table

“Icelandic lamb is the best ingredient for today’s chefs.”

– Gissur Guðmundsson CMC, President of the World Association of Chefs Societies.
High quality standards

Slaughterhouse Specifications

Icelandic sheep slaughterhouses operate in accordance with European Union legislation. The Icelandic Food and Veterinary Authority (MAST), the competent authority in this field is responsible for the food safety control of the primary production of animal products in abattoirs and meat processing plants. These facilities are also inspected and certified by authorities in other export countries such as the USA and Russia. The HACCP system is used to monitor and prevent hazards during production from farm to table. In addition to issuing slaughter and meat processing licences, MAST also carries out inspections where meat producing farms, the meat itself (ante- and post-mortem), slaughter hygiene, and the monitoring and control of disease-causing microorganisms and other hazards, are evaluated. The Chief Veterinary Officer at MAST issues and signs a health certificate for every shipment of meat exported. The certificate guarantees that the meat has passed thorough inspection procedures of the export country.

The inspection is performed on live animals as well as after slaughter. Testing is enforced on a regular basis for residues of veterinary medicinal products, heavy metals, parasiticides, pesticides, PCBs, and radioactivity.

Halal Certification

Selected meat plants offer Iceland Lamb slaughtered, processed, and packed, according to the Islamic Sharia law, under strict supervision of the Muslim Association of Iceland.

- No antibiotics as feed additives
- No hormone implants as growth promoters
- No pesticides
- No herbicides
Standard Icelandic lamb carcass

- Head removed between the skull and first cervical vertebra.
- Feet removed at the knee joint.
- Tail removed at the base.
- Udder, or testes, penis and udder fat removed.
- Diaphragm (skirt) removed.
- Kidney, kidney knob and pelvic channel fat removed as well as fat and blood vessels from the loin and fat from the thorax.
- Loose blood vessels and clots removed from the neck as well as fat and glands at the thorax opening.
- External fat on the ventral abdomen, including flank fat.
- Splitting of the breastbone is optional.

![Diagram of the seven cut portions of a lamb carcass]

**THE SEVEN CUT PORTIONS**

1. SHANK  4. FLAP
2. LEG  5. SHOULDER
3. SADDLE  6. NECK
7. FORESHANK
7-part division

- Leg cut from the backbone between the last and the next to last lumbar vertebrae.
- Forequarter cut from the saddle between the 5th and 6th rib.
- Flap is taken from rack, 2.5 cm measured from next to last rib from the muscle to the edge or 7.5 cm from the front end of the eye muscle.

Traditional flap, 8 ribs
Traditional flap from 7–part division.

Rib set only
Flap dressed so the whole boneless part of the flap is removed.

Traditional saddle with 8 ribs
Saddle taken from leg between the last and next to last lumbar vertebrae and between the 5th and 6th rib of the shoulder so that 8 ribs are included. The ribs on both sides are cut parallel 2.5 cm measured from next to last rib from the muscle to the edge or 7.5 cm from the front end of the eye muscle.

Square cut shoulder
Traditional without breast, neck and foreshank, dressed removing unwanted fat between neck and foreshank.

Traditionally dressed whole leg
The shank is tipped at the caudal level of the shin meat on the tibia, butt tenderloin is removed, and the lymph node gland (subiliac) and flanks are removed.

Dressed leg without aitch bone
Obtained from dressed whole leg where the aitch bone and tail bone have been removed.

Rack saddle or rack with 7 ribs
Rack is prepared from a traditional saddle by the removal of a short loin pair with 1 rib, a straigt cut along the contour of the specified rib.

Short loin pair (loin saddle) or short loin, with 1 rib.
Short loin pair taken from saddle removal of a rack by a straigt cut along the contour of the specified rib.
9-part division

Carcass divided into a 13 rib rack, an equally long flank, whole neck, short leg and shoulders cut from side.

**Short leg chump off**
*(aitch bone removed)*
Leg removal from chump by a cut at right angles across the leg just behind the joint between the hipbone and the leg. The shank is tipped at the caudal level of the shin meat on the tibia. Butt tenderloin removed.

**Shoulder**
Shoulder is prepared from a forequarter and consists of the scapular, humerus and foreshank bones together with associated muscles. Shank end is tipped so that the tendon ends are not shortened. Shoulder is removed from forequarter by a cut following the seams between the overlying muscles and underlying muscles and ribs, leaving the undercut attached.

**Neck**
Neck is prepared from carcass by a cut through and between the 3rd and 4th cervical vertebrae which is the dorsal cutting line preparation for the square cut shoulder. The atlas bone is removed.

**Long Loin with 13 ribs and chump on**
Long loin is prepared from forequarter by the removal of the shoulder by a cut following the seams between the overlying muscles and underlying muscles and ribs, leaving the undercut attached. The cranial cutting line is at the junction of the 1st thoracic vertebra and 7th cervical vertebra parallel with the 1st rib. The leg is removed by a cut parallel to the forequarter removal line at right angles at a measured distance from the hip joint to clear the acetabulum. The breast and flap are removed at the specified distance from the ventral edge of the eye muscle from the cranial end.

**13 rib flap with breast**
The piece is prepared from the side and consists of the residual rib portions and attached muscles after the removal of the major primals; leg, loin, neck and shoulder.

**13 rib flap deboned**
All bones removed, not dressed in other respects.
Carcass classification

Sheep carcasses are divided into the following classes according to age and gender:

- **Class L**: Carcasses of ewe lambs and castrated ram lambs up to the age of 12 months and the carcasses of ram lambs slaughtered before November 1st.

- **Class V**: Carcasses of ewes and wethers, 12-18 months old.

- **Class VH**: Carcasses of rams, 12-18 months old, slaughtered before October 11th.

- **Class F**: Carcasses of ewes and wethers over 18 months old.

- **Class H**: Carcasses of rams over 18 months old, carcasses of rams 12-18 months old slaughtered after October 10th and carcasses of ram lambs slaughtered after October 31st.

The carcasses are classified as follows according to the EUROP classification scale.

**Conformation classes**

- **Lamb**: E: excellent  U: very good  R: good  O: fair  P: poor
- **Older sheep**: R: fair to good  P: poor

**Fat classes**

- **Lamb**: 1: low fat cover  2: slight  3: average  3+: average to high  4: high  5: very high
- **Older sheep in conformation class R**: 3: normal  4: high

**CONFORMATION AND FAT CLASSES OF MUTTON**

- P: poor conformation  R: fair to good conformation

Conformation class R is divided into two fat classes

- **Fat classes of V, VH, F and H carcasses**

  **CLASS 3**:  J <15 mm / J >15 mm
  **CLASS 4**:  J <15 mm / J >15 mm

J-measurement: Total tissue depth over the 12th rib, ca. 13 cm from the dorsal midline, depending on the size of the carcass.

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“THE GAME TASTE OF THE ICELANDIC LAMB COMES DIRECTLY FROM THE ICHELANDIC NATURE”

– Bjarni Gunnar Kristinsson, Head Chef at Grillið Restaurant, Reykjavík. Gold medal winner at the Culinary Olympics in 2008 and member of the Icelandic Culinary team.
Conformation classes of lamb carcass

**Class E:** Excellent  **Hindquarter:** Very thick, profiles very convex  
**Back:** Very convex, very wide and very thick to the shoulder  
**Shoulder:** Very convex and very thick  
All profiles convex to extremely convex; exceptional muscle development

**Class U:** Very good  
**Hindquarter:** Thick; profiles convex  
**Back:** Wide and thick to the shoulder  
**Shoulder:** Thick and convex  
Profiles on the whole convex; very good muscle development

**Class R:** Good  
**Hindquarter:** Profiles mainly straight  
**Back:** Thick but less wide to the shoulder  
**Shoulder:** Good development, but thinner  
Profiles on the whole straight; good muscle development

**Class O:** Fair  
**Hindquarter:** Profiles tending to be slightly concave  
**Back:** Lacking width and thickness  
**Shoulder:** Tending to be narrow; lacking thickness  
Profiles straight to concave; average muscle development

**Class P:** Poor  
**Hindquarter:** Profiles concave to very concave  
**Back:** Narrow and concave with bones apparent  
**Shoulder:** Narrow, flat and bones apparent  
Profiles concave to very concave; poor muscle development

Fat classes of lamb carcass

External and internal fat cover.  
J-measurement: Total tissue depth over the 12th rib, ca. 11 cm from the dorsal midline.

**CLASS 1:** Low  
**DESCRIPTION:** External / Traces of or no fat visible. J < 5 mm / Thoracic / Traces of or no fat visible between the ribs.

**CLASS 2:** Slight  
**DESCRIPTION:** External / A slight layer of fat covers part of the carcass but may be less evident on the limbs. J < 8 mm / Thoracic / Muscle clearly visible between the ribs.

**CLASS 3:** Average  
**DESCRIPTION:** External / A light layer of fat covering most or all of the carcass; slightly thickened fat zones at the base of the tail. J < 11 mm / Thoracic / Muscle still visible between the ribs.

**CLASS 3+: Average to high**  
**DESCRIPTION:** Average to high / External  
A layer of fat covering most or all of the carcass but may be thinner on limbs. J < 14 mm / Thoracic / Muscle between the ribs may be infiltrated by fat.

**CLASS 4:** High  
**DESCRIPTION:** External / A thick layer of fat covering most or all of the carcass but may be thinner on limbs. J < 18 mm / Thoracic / Muscle between the ribs infiltrated by fat; fat deposits may be visible on the ribs.

**CLASS 5:** High  
**DESCRIPTION:** External / Very thick fat cover; patches of fat sometimes visible. J > 18 mm / Thoracic / Heavy fat deposits. Muscle between the ribs infiltrated by fat; fat deposits visible on the ribs.

Permitted deviation from the set J-measurements is +/- 1 mm depending on the general fat distribution on the carcass.
Products

LAMB

Traditionally dressed whole leg

The shank is tipped at the caudal level of the shin meat on the tibia, butt tenderloin is removed, and the lymph node gland (subiliac) and flanks are removed.

Dressed leg without aitch bone

Obtained from dressed whole leg where the aitch bone and tail bone have been removed.
Short leg chump off

Leg removal from chump by a cut at right angles across the leg just behind the joint between the hipbone and the leg. The shank is tipped at the caudal level of the shin meat on the tibia. Butt tenderloin removed.

Short leg chump off (aitch bone removed)

Prepared from a dressed leg without aitch bone (product code: LL1.1.12) by the removal of the chump. The shank is tipped at the caudal level of the shin meat on the tibia.

Lamb leg, center-cut chops

Center-cut chops cut 1.0 to 1.5 cm thick slices sawn from center leg. Center leg is divided from whole leg with a cut just above the joint between the leg and the shank, and from the hip steak with a cut across just behind the joint between the hipbone and the leg. Each chop should display a cross section of the femur bone on both sides of the chop. No other bone or cartilage should be present.

Leg of lamb in juniper and blueberry marinade

1 leg of lamb, preferably without hip bone
15 juniper berries, crushed
2-3 tbsp blueberry or blackberry jam
2 tsp fresh thyme leaves
1 tsp Worcestershire sauce
2 tbsp balsamic vinegar
1 tbsp honey
1 tsp freshly ground pepper
1 tsp salt
3 tbsp gin (optional)
1 ½ dl oil

METHOD:
Place ingredients, except oil in a bowl and whisk. Pour the oil in a narrow stream into bowl and mix well at the same time.
Place the leg of lamb and the marinade in a plastic bag and roll leg in the marinade. Store in refrigerator for 2-48 hours.
Wipe most of the marinade off leg and keep marinade.
Grill at low temperature with the grill closed for 1-1½ hour. Turn the meat regularly.
Brush the meat with the rest of the marinade every now and again during the last 10 minutes.
Serve the meat with grilled vegetables and potatoes.
Saddle taken from leg between the last and next to last lumbar vertebrae and between the 5th and 6th rib of the shoulder so that 8 ribs are included. The ribs on both sides are cut parallel 2.5 cm measured from next to last rib from the muscle to the edge or 7.5 cm from the front end of the eye muscle.

Rack is prepared from a traditional saddle with the removal of a short loin pair with 1 rib, a straight cut along the contour of the specified rib.
Short loin pair (loin saddle) or short loin, with 1 rib

Short loin pair taken from saddle removal of a rack by a straight cut along the contour of the specified rib.

Long loin with 13 ribs and chump attached

Long loin is prepared from forequarter by the removal of the shoulder by a cut following the seams between the overlying muscles and underlying muscles and ribs, leaving the undercut attached. The cranial cutting line is at the junction of the 1st thoracic vertebra and 7th cervical vertebra parallel with the 1st rib. The leg is removed with a cut parallel to the forequarter removal line at right angles at a measured distance from the hip joint to clear the acetabulum.

Double loin chops

Rib and loin chops from saddle obtained from 7-part division. Slices approximately 1.5 cm thick. No chop should contain any portion of the aitch bone or blade bone.
Shoulder is prepared from a fore-quarter and consists of the scapular, humerus and foreshank bones together with associated muscles. Shank end is tipped so that the tendon ends are not shortened. Shoulder is removed from fore-quarter by a cut following the seams between the overlying muscles and underlying muscles and ribs, leaving the undercut attached.
**Square cut shoulder**

Traditional without breast, neck and foreshank, dressed removing unwanted fat between neck and foreshank.

**Shoulder chops**

From the middle part of the top of the shoulder or the middle of the upper part of the forequarter. 3 – 4 chops, approx. 1.5 cm thick. 14 – 16 cm from midline of back down to the shoulder.

**Neck**

Neck is prepared from carcass by a cut through and between the 3rd and 4th cervical vertebrae which is the dorsal cutting line preparation for the square cut shoulder. The atlas bone is removed.

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**Grilled lamb top round with lemon thyme**

2 lamb top rounds cut in 2½ cm thick slices.
½ dl oil
1 dl lemon thyme leaves
2-4 cloves garlic, crushed
1 tsp freshly ground pepper
2 tbsp parsley, finely chopped
Maldon salt

**METHOD:**
Place everything except the salt in a bowl and store for 2-12 hours in a refrigerator.
Wipe most of the marinade off the meat and grill on a well heated barbeque for 2-3 minutes on each side.

**Lemon thyme sauce:**
2 dl of crème fraîche
2 tbsp mayonnaise
2 tbsp lemon juice
1 tbsp honey
1-2 tbsp lemon thyme leaves
1-2 tbsp parsley, finely chopped
½ tsp pepper
1 tsp salt

**METHOD:**
Place everything in a bowl and mix well together.
Serve the meat with the sauce, mixed vegetables and potatoes.
Product code: LM 1.1.18

**Traditional flap, 8 ribs**

Traditional flap from 7-part division.

Product code: LM 1.1.19

**Rib set only**

Flap dressed so the whole boneless part of the flap is removed.

Product code: LM 1.1.21

**13 rib flap with breast**

The piece is prepared from the side and consists of the residual rib portions and attached muscles after the removal of the major primals; leg, loin, neck and shoulder.

Product code: LM 1.1.22

**13 rib flap deboned**

All bones removed, not dressed in other respects.
Lamb heart with bell pepper sauce

800 g lamb heart
salt
pepper
2 tbsp oil
2 bacon slices, cut to pieces
1 red bell pepper, cut to pieces
1 tbsp paprika powder
4 dl water
1 dl cream
1 jar grilled bell pepper, filtering out the juice thickener

METHOD:
Cut the hearts in two and then dice each half into 7-8 strips. Cut away membranes and fat. Season the hearts with salt and pepper and let them simmer on a hot pan for 2 minutes.

Add bacon and pieces of bell pepper to the pan, simmer for another 30 seconds. Then add water and let the whole thing simmer on low heat for an hour.

Pour cream and grilled peppers in the pan and thicken. Serve with potatoes au gratin and salad.
MUTTON

Product code: AEL 1.1.1 Deboned leg, tunnel boned

Product code: AEL 1.1.2 Deboned leg without top round

Product code: AES 1.1.1 Trunk (carcass deboned, without legs)

Product code: AEM 1.1.1 Backstrap

Product code: AE Carcass

Carcass dressed in such a manner that the tenderloins are removed, legs removed at next to last lumbar vertebra. Legs deboned from aitch bone. Sides of carcass flayed from rack and ribs.

Leg without aitch bone, obtained from traditional dressing, cut around the femur bone and removed, all bones removed.

Leg without aitch bone obtained during traditional dressing, top round removed together with overlying muscle, flap.

Trunks are prepared from a bone in carcass by removal of all bones and cartilage. The entire carcass flayed, but backstrap and tenderloins are removed. Meat dressed until approximately 20% of fat is left.

Backstrap comprises the portion covered from the 1st thoracic vertebra to the limbosacral junction.
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BUYERS GUIDE FOR THE MEAT PROFESSIONAL

ICELAND LAMB

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