

Lamb vs Mutton (vsdiff.com)

Attribute	Lamb	Mutton
Age (typical)	Under ~12 months (varies by region)	Usually > 24 months (often 2-5 years)
Flavor	Tender, milder	Stronger, deeper (more pronounced)
Texture	Finer grain, <i>more tender</i>	Coarser grain, <i>chewier</i> when not braised
Common cuts	Rack, loin, shoulder, leg	Shoulder, neck, shank, stewing cuts
Typical uses	Roasts, quick grills, chops	Stews, curries, slow-roasts
Availability & price	Widely available; often pricier per kg in some markets	Less common in some regions; can be cheaper per kg or niche specialty

Source: <https://vsdiff.com/lamb-vs-mutton/>