

POT ROAST LAMB SHANKS WITH TOMATO, GARLIC AND FLAGEOLET BEANS

Serves: 4
Cooking time: Approximately 2-2½ hours

INGREDIENTS:

4 lean lamb shanks
15ml (1tbsp) oil
2 cloves garlic, crushed
1 leek, sliced
300ml (1/2pt) passata or creamed tomatoes
300ml (1/2pt) stock
2 sprigs fresh rosemary
Black pepper
397g (14oz) can flageolet beans, drained and rinsed



METHOD:

In a large casserole dish, heat the oil and brown the shanks on all sides. Add garlic, leek, passata, stock, rosemary and black pepper. Cover and simmer for 2-2½ hours or until meat is tender and falling from bone.

30 minutes before the end of cooking time remove lid and add beans. Mix well, return to the oven uncovered for remaining cooking time. Serve with large bowl of seasonal vegetables.

LAMB STEAKS WITH MUSHROOMS AND ROSEMARY

Serves: 2
Cooking Time: Approximately 12-15 minutes

INGREDIENTS:

2-4 lean lamb leg steaks (approximately 1-2cm (1/2-3/4") thick)
5ml (1tsp) olive oil
2 cloves garlic, peeled and sliced
15ml (1tbsp) fresh rosemary, stalks removed
6-8 button mushrooms, halved



METHOD:

Heat the oil in a frying pan. Add garlic, rosemary and seasoning. Cook until garlic just starts to brown and flavours oil slightly. Add steaks and brown both sides over a high heat. Reduce heat and cook for 4-6 minutes each side. Add mushrooms about 5 minutes before the end of cooking.

Serve with chunky oven baked chips and seasonal vegetables.

SHEPHERDS PIE WITH LEEK AND CHEESE MASH TOPPING

Serves: 4
Cooking Time: Approximately 45 minutes
Temperature: Gas Mark 5, 190°C, 350°F

INGREDIENTS:

450g (1lb) lean minced beef or lamb
1 onion, chopped
2 carrots, peeled and chopped
30ml (2tbsp) plain flour
300ml (1/2pt) stock
15ml (1tbsp) tomato purée
5ml (1tsp) dried mixed herbs
Salt and black pepper

Leek and Cheese Mash Topping:

675g (1 1/2lb) potatoes, peeled and chopped
2 leeks, sliced
Knob of margarine
50g (2oz) cheese, grated
Salt and black pepper

METHOD:

Boil the potatoes in water until softened. Add leeks 5 minutes before the end.

Meanwhile, dry fry the mince, onion and carrots for 3-4 minutes. Add the flour. Gradually add stock, tomato purée and dried herbs. Bring to the boil and stir until thickened. Season. Transfer to an ovenproof dish. Drain and mash the potatoes and leeks with margarine and half the cheese. Season. Place on top of mince mixture. Sprinkle with remaining cheese. Bake in a preheated oven for 25 minutes until golden.

Serve with seasonal steamed vegetables or baked beans and crusty bread.



ROAST LEG OF LAMB WITH MINTY STUFFING BALLS

Serves: 4-6
Cooking Time: Medium – 25 minutes per 450g
/ 1/2kg (1lb) plus 25 minutes
Well done – 30 minutes per 450g
/ 1/2kg (1lb) plus 30 minutes
Oven Temperature: Gas Mark 4-5, 180°C, 350°F

INGREDIENTS:

1.25kg (2 1/2lb) lean lamb leg or shoulder joint
2 cloves garlic, sliced
8-10 fresh mint leaves

Stuffing:

1 onion, chopped, 1 clove garlic, crushed
5ml (1tsp) oil, 100g (4oz) dry breadcrumbs
30ml (2tbsp) mint jelly, 5ml (1tsp) fresh mint, chopped

METHOD:

Cut slits into the joint and push in slithers of garlic and mint leaves. Weigh the joint and calculate cooking time. Place joint on a rack in a roasting tin and open roast in a preheated oven.

Meanwhile make the Stuffing: Fry the onion and garlic in the oil for 3-4 minutes or until soft. Stir in the remaining ingredients and mix. Shape into 6-8 stuffing balls. Place on a baking tray and bake for the last 20 minutes of cooking time. Serve the joint with the stuffing, roast potatoes, and seasonal vegetables.



MINTED AIOLI LAMB CUTLETS

Serves: 3-4
Cooking Time: Approximately 15 minutes

INGREDIENTS:

6-8 lean lamb cutlets or 4 chops
100g (4oz) mixed salad leaves

Garlic and Mint Mayo (Aioli):

60ml (4tbsp) low-fat mayonnaise
2 cloves of garlic, crushed
4 large sprigs of fresh mint, chopped

METHOD:

Preheat grill and cook lamb cutlets for 4-6 minutes on each side. In a small bowl mix the mayonnaise together with the garlic and mint. Serve the cutlets with the aioli, new potatoes and seasonal vegetables.



HERBY LAMB LOIN CHOPS

Serves: 2
Cooking Time: Approximately 15 minutes

INGREDIENTS

4 lean lamb loin chops
2 cloves garlic
2 sprigs fresh thyme
1 sprig rosemary
2.5ml (1/2tsp) black peppercorns
30ml (2tbsp) olive oil

METHOD

In a pestle and mortar (or using a bowl and wooden spoon) pound together the garlic, herbs and peppercorns and mix with the olive oil. Smear over the lamb chops.
Preheat grill and cook for 6-8 minutes on each side.

Serve with new potatoes and a mixed leaf salad.



LAMB CHOPS WITH GUACAMOLE

Serves: 2
Time to cook: Approximately 15 minutes

INGREDIENTS:

4 lean lamb loin chops
1 large avocado, stoned, peeled and chopped
1 clove garlic, crushed
3 spring onions, finely sliced
2 tomatoes, chopped
Juice of 1 lime
15ml (1tbsp) sweet chilli sauce

METHOD:

On a preheated grill on barbecue cook the lamb cutlets for 8-12 minutes. Place the chopped avocado into a bowl and mash with a fork. Add the remaining ingredients and mix well.

Serve with crusty bread and barbecued vegetables.



LAMB KOFTAS WITH COUSCOUS SALAD

Serves: 4
Cooking time: Approximately 15 minutes

INGREDIENTS:

450g(1lb) lean minced lamb
30ml(2tbsp) fresh mint, chopped

For the Couscous:

1 packet shop bought couscous
2 tomatoes, chopped
1/2 yellow pepper, sliced
5 spring onions, sliced
75g(3oz) feta cheese, crumbled
15ml(1tbsp) fresh mint, chopped

METHOD:

In a bowl mix together the lean minced lamb with the fresh mint, season well and shape into 4 koftas. Thread onto a skewer and cook on a preheated grill or barbecue for approximately 15 minutes, turning frequently until cooked through.

Cook the couscous according to the pack instructions and allow to cool slightly. Add the tomatoes, pepper, spring onions, feta cheese and mint and mix well. Serve the koftas with the couscous and flat bread.



LAMB CUTLETS WITH ORIENTAL PLUM GLAZE

Serves: 2
Time to cook: Approximately 15 minutes

INGREDIENTS:

4 lean lamb cutlets
45ml(3tbsp) plum sauce
15ml(1tbsp) soy sauce

METHOD:

Mix together the plum and soy sauce. On a preheated grill or barbecue cook the cutlets for 8-12 minutes. During the last 2-3 minutes of cooking time brush the sauce over the cutlets and continue cooking.

Serve with a noodle and vegetable salad, sprinkled with sesame seeds.



RAREBIT TOPPED LAMB STEAK

Serves: 2
Cooking Time: Approximately 15 minutes

INGREDIENTS

2 lean lamb leg steaks or 4 loin lamb chops
10ml(2tsp) wholegrain mustard
50g(2oz) Welsh cheese (eg, Y Fenni), cut into 4 slices
10ml(1dsp) chives, chopped
French stick, sliced



METHOD

Preheat grill and cook lamb leg steaks or loin lamb chops for 6-8 minutes on each side (for medium cooked).

During the last 2 minutes of cooking time brush the steaks with 5ml(1tsp) wholegrain mustard. Mix together the remaining mustard, cheese and chives and spread onto the bread. Grill until cheese has melted.

Serve with the mustard toast, new potato mash, mixed salad and grilled vegetables.

SPICED LAMB KEBABS

Serves: Makes 4 kebabs
Time to cook: Approximately 15 minutes

INGREDIENTS:

450g(1lb) lean lamb leg steaks, cut into cubes
10ml(2tsp) curry powder
2.5ml(1/2tsp) cumin seeds
2-3 cardamon pods, crushed
15ml(1tbsp) oil
1/2 red pepper or whole chilli deseeded and cut into large chunks



METHOD:

Mix together the curry powder, cumin, cardamon and oil, and sprinkle over the lamb cubes. Leave to infuse for 10-30 minutes, covered in the fridge. Thread onto skewers with pepper or chilli and cook on preheated grill or barbecue for 12-15 minutes.

Serve with pilau rice, naan bread and yogurt dip.

SPICED LAMB CUTLETS WITH TOMATO SALSA

Serves: 2-4
Cooking time: Approximately 15 minutes

INGREDIENTS

4 lean lamb cutlets or chops
Juice of 1 lemon
2 cloves garlic, crushed
10ml(2tsp) cumin seeds

For the Salsa:

2 tomatoes, diced, 1 small red onion, sliced
1 clove garlic, crushed, 15ml(1tbsp) red wine vinegar, 15ml(1tbsp) fresh coriander, chopped

METHOD

In a flat dish mix together the lemon juice, garlic and cumin seeds. Add the lamb cutlets and turn to coat. Cook on a preheated grill for 8-12 minutes.

Serve with the salsa and a mixed rice salad, Indian pickles and poppadoms.



ROAST LEG OF LAMB WITH RED WINE AND THYME

Serves: 4-6
Cooking Time: Medium – 25 minutes per 450g/1/2kg (1lb) plus 25 minutes
Well done – 30 minutes per 450g/1/2kg (1lb) plus 30 minutes
Temperature: Gas Mark 4-5, 180oC, 350oF

INGREDIENTS:

1.25kg (2¹/₂lb) lean leg lamb or shoulder joint, 2 cloves garlic, peeled and cut into large slivers
90ml (6tbsp) red wine, 5 sprigs fresh thyme, 45ml (3tbsp) redcurrant jelly

METHOD:

Cut slits into lamb and insert garlic slivers. Marinate the leg of lamb in red wine and thyme for 1 hour. Retain marinade. Roast joint as above. Place joint onto rack in roasting tin and cook in preheated oven for calculated cooking time. While the joint is being carved heat marinade with redcurrant jelly and simmer to reduce and thicken. This mixture can be served as the sauce or can be added to the gravy for a rich glossy gravy. Serve with roasted vegetables and new potatoes.



ROAST LAMB WITH MANGO AND APPLE GLAZE

Serves: Allow 2-3 cutlets per person
Cooking Time: Medium – 25 minutes
per 450g/1/2kg (1lb) plus 25 minutes
Well done – 30 minutes
per 450g/1/2kg (1lb) plus 30 minutes
Oven Temperature: Gas Mark 4-5, 180oC, 350oF

INGREDIENTS: 2 lean racks of lamb
2 eating apples, cut into quarters

Glaze: 45ml (3tbsp) mango chutney
75ml (5tbsp) apple juice

METHOD:

Take 2 lean racks of lamb, weigh and calculate cooking time. Place onto a rack in a roasting tray and open roast in a preheated oven.

For the Glaze: Place all the ingredients in a saucepan and bring to the boil. Simmer for 2-3 minutes. 20 minutes before the end of cooking time, remove joint from oven and brush with the glaze. Return to the oven with the apples. Reglaze the joint 10 minutes later. Garnish with roasted apple wedges.

Serve with roast or new potatoes and roasted or steamed season vegetables.



LAMB LEG STEAKS WITH ORANGE AND THYME MARINADE

Serves: 4
Cooking time: Approximately 15 minutes

INGREDIENTS:

4 lean lamb leg steaks
Zest and juice of 1 orange
2 sprigs fresh thyme
2 cloves garlic, crushed
45ml(3tbsp) olive oil

METHOD:

In a bowl or flat dish mix together the orange zest and juice, thyme, garlic and olive oil. Add the lamb leg steaks, cover and refrigerate for 30 minutes to 1 hour. Cook on a preheated grill or barbecue for 8-12 minutes.

Serve the lamb steaks with a watercress and orange salad and new potatoes.



ROAST RACK OF LAMB WITH ORANGE AND ROSEMARY

Serves: Allow 2-3 cutlets per person
Cooking Time: Medium – 25 minutes
per 450g/1/2kg (1lb) plus 25 minutes
Well done – 30 minutes
per 450g/1/2kg (1lb) plus 30 minutes
Temperature: Gas Mark 4-5, 180oC, 350oF

INGREDIENTS:

2 lean racks of lamb
45ml (3tbsp) orange marmalade, Sprigs fresh rosemary
150ml (1/4pt) water, 1 orange zest and juice, 30ml (2tbsp) gravy granules

METHOD:

Take 2 lean racks of lamb, weigh and calculate the cooking time. Place into a rack in a roasting tray and open roast in a preheated oven. 10-15 minutes before the end of cooking time glaze the joint with 30ml (2tbsp) orange marmalade mixed with a few sprigs of fresh rosemary.

To make the gravy, mix together the water, juice and zest of the orange and the juices from the pan (drain off any fat first). Add 15ml (1tbsp) orange marmalade, fresh rosemary, chopped, and gravy granules. Bring to the boil and heat until thickened.

Serve the lamb with roast or mashed potato and roasted or steamed seasonal vegetables.

