



AUTUMN WAYS WITH

Welsh Lamb

Find out why the EU has awarded Welsh Lamb the PGI mark of quality at eatwelshlamb.com





Protected Geographical Indication (PGI)

The lush green pastures in Wales provide the ideal habitat for lambs, producing tender meat with bags of flavour.

Welsh Lamb's distinctive quality has been recognised by the European Union (EU) as having unique regional characteristics and has been awarded the coveted status of Protected Geographical Indication (PGI).

PGI designation was developed by the EC to encourage diverse agricultural production; protect product names from misuse and imitation; and to help consumers by giving them information concerning the specific character of the products.

PGI establishes a link between the quality, traditions and environment of an area and, in the case of Welsh Lamb, this means you can be assured that only lambs born and reared in Wales – which are fully traceable and have been processed in approved abattoirs – can be sold as Welsh.

With inspections at every stage of the supply chain, Welsh Lamb's quality standards, food safety and traceability are first class – producing some of the best and tastiest lamb money can buy.



When top chefs select lamb for their restaurants, they always choose Welsh because it's fresh, full-flavoured and succulent, and it helps support Welsh Farmers.

But home cooks needn't worry that all the best Welsh Lamb is destined for restaurants or shipped abroad – in fact, butchers and supermarkets will have a range of Welsh Lamb cuts and joints for you to choose from – just ask your butcher or check the label for its country of origin.

So, visit your butcher or supermarket today, pick up some Welsh Lamb and try these fantastic family recipes which are perfect for any occasion.

For more information about Welsh Lamb, visit eatwelshlamb.com



WARM AUTUMN WELSH LAMB SALAD

with plums, red leaves, goats cheese and walnuts, with a warm fruity dressing

Serves: 2

Ingredients

2-4 lean Welsh lamb loin chops
2 ripe plums, destoned and sliced
Handful mixed salad, eg, chard, rocket, etc
50g (2oz) goats cheese, roughly cubed
25g (1oz) walnuts
60ml (4tbsp) fruit smoothie – berry flavoured
30ml (2tbsp) olive oil
5ml (1tsp) balsamic vinegar

Method

Place lamb loin chops under a preheated grill for 6-8 minutes each side (for 2cm (¾”) thickness) – keep warm.
Place plums, salad leaves, goats cheese and walnuts into 2 large salad bowls.
Mix together the smoothie, oil and balsamic vinegar to make the fruity dressing.
Top leaves with the chops and drizzle both plates with the dressing.
Serve with chunks of crusty bread.

A CUT ABOVE ... Make your food taste great by using the right cut of Welsh Lamb

LAMB LOIN CUTLETS OR CHOPS

Lamb loin is cut between the bones to produce loin chops. These are excellent for pan-frying, griddling or grilling and need very little, if any, extra fat for cooking. Lamb loin chops or cutlets cook quickly, so the fatty edges don't always crisp up. Use tongs to press these edges onto the pan and cook until golden.



WELSH LAMB RACKS

rubbed with garlic, thyme and lemon served with thyme roasted carrots

Serves: If using racks allow 2-3 cutlets per person or for leg joints 100g (4oz) per person of raw meat for boneless joints and 225g (8oz) for bone-in joints

Cooking Time: Medium - 25 minutes per 450g/½kg (1lb) plus 25 minutes. Well done - 30 minutes per 450g/½kg (1lb) plus 30 minutes

Temperature: Gas Mark 4-5, 180°C, 350°F

Ingredients

Lean racks of Welsh lamb
 4 cloves garlic, squashed
 1 lemon, rind cut from the lemon and juice
 5 sprigs fresh thyme
 Black pepper
 30ml (15ml) olive oil
 12 small carrots, peeled or scrubbed and left whole
 12g (½oz) butter
 Black pepper
 2 sprigs fresh thyme

Method

Take 2 lean racks of lamb or leg joint and calculate the cooking time as above. Mix together garlic, lemon rind and juice, thyme, black pepper and olive oil and rub into the fat side of the racks. Place onto a rack in a roasting tray and open roast for the calculated cooking time. Place the carrots onto a large piece of foil; add butter, black pepper and thyme. Wrap the carrots in a loose parcel and place on a baking tray next to the lamb for 40 minutes until tender. Serve the lamb with steamed carrots and extra seasonal vegetables of your choice.

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RACK OF LAMB

Gorgeous and delicious, roasted racks of lamb are the ultimate dinner-party dish, with a wow factor that's easy to achieve. Racks are chined leaving only the rib finger bones remaining, which you simply cut between. Ideal for grilling, pan frying and roasting.



CURRY SPICED BONELESS SHOULDER OF WELSH LAMB

cooked with Bombay style vegetables

Serves: 4

Cooking time: Approximately 2 hours

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

½ lean shoulder of Welsh lamb	4 potatoes, peeled and cut into chunks
15ml (1tbsp) oil	½ cauliflower, cut into large florets
1 onion, sliced	6 small carrots, peeled or scrubbed
2 cloves garlic, crushed	¼ swede, peeled and cut into cubes
400g approx can chopped tomatoes	
300ml (½pt) stock	
15ml (1tbsp) ground cumin	} or 33g sachet Bombay Potato dry mix
2.5ml (½tsp) cayenne pepper	
15ml (1tbsp) turmeric	
5ml (1tsp) ground ginger	
Fresh coriander	

Method

In a large non-stick wok or saucepan, heat oil and fry lamb shoulder until browned. Add onion and garlic and cook for 1-2 minutes. Add tomatoes, vegetables, stock and spices. Bring to the boil, cover and simmer in preheated oven for 2-2½ hours until meat is soft and tender. Pull meat from the bone and serve in large chunks. Serve with Indian style vegetables, rice and naan bread.

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SHOULDER

Sold whole or divided into halves, the shoulder can be boned and either rolled into a neat roasting joint or diced for use in casseroles and curries. It also makes great mince. Like leg joints, lamb shoulder is fantastic when slow roasted until the meat is literally falling from the bone.



SLOW COOKED WELSH LAMB, LEMON AND MINT TAGINE

Serves: 4

Cooking time: Approximately 1½-2 hours

Temperature: Gas Mark 3, 170°C, 325°F

Ingredients

- 450g (1lb) lean Welsh lamb cubes
- 1 onion, cut into wedges
- 15ml (1tbsp) ground cumin
- 2.5ml (½tsp) ground cinnamon
- 2.5ml (½tsp) ground ginger
- 400g (approx) can chickpeas, drained
- 300ml (½pt) lamb stock
- 150ml (¼pt) orange and mango juice
- 1 lemon, zest removed
- Seasoning
- 30ml (2tbsp) fresh mint, roughly chopped
- 225g (8oz) couscous
- Zest and juice 1 lemon
- 30ml (2tbsp) fresh mint, roughly chopped

Method

- Place lean lamb cubes, onion, cumin, cinnamon, ginger, chick peas, stock, juice and zest into a large casserole dish. Cover and cook for 1-1½ hours until the meat is tender.
- Remove lid and sprinkle on the couscous, lemon and seasoning. Replace lid and return to oven for about 20 minutes until liquid has absorbed (add a little more stock if a little too dry).
- Serve the tagine sprinkled with mint.

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CUBED LAMB

Cubed lamb is usually prepared from either the shoulder or leg and is great when used in curries and casseroles and produces wonderful pies. Trim away any excess fat prior to cooking when making kebabs etc.



WELSH LAMB, POTATO, LEEK AND FENNEL GRATIN

Serves: 4-6

Cooking time: Approximately 40 minutes

Temperature: Gas Mark 4-5, 180°C, 350°F

Ingredients

- 450g (1lb) lean Welsh lamb mince
- 1 onion, chopped
- 1 garlic clove, crushed
- 2 sprigs thyme
- 150ml (¼pt) lamb stock
- 2 leeks, washed and sliced
- 2 large potatoes, peeled and thinly sliced
- ½ small fennel bulb, thinly sliced
- 300ml plain yogurt
- 75g (3oz) crumbly white cheese
- 25g (1oz) fresh breadcrumbs

Method

- In a non-stick pan dry fry lean lamb mince for 4-5 minutes with onion, garlic and thyme until browned. Drain off the fat, add stock and season, cook for 2-3 minutes.
- Meanwhile blanch together in boiling water the leeks, potato and fennel. Drain well.
- Using an ovenproof shallow dish place half the mince mixture on the base of the dish. Top with half the leeks, potato and fennel. Finishing with the top layer of potatoes.
- Mix yogurt with cheese, pour over dish. Sprinkle with breadcrumbs, loosely cover with foil and cook for 10 minutes. Remove foil and bake for a further 30 minutes until topping is golden brown.

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MINCED LAMB

Choose lean mince which is usually prepared from either the shoulder or the leg or a combination of lean cuts. Minced lamb is very versatile allowing you to produce a range of terrifically tasty, mouth-watering meals in minutes.



GRIDDLED WELSH LAMB NOISETTES

with crushed potatoes and rosemary butter

Serves: 2

Cooking time: Approximately 20 minutes

Ingredients

2-4 lean Welsh lamb noisettes, cutlets or chops
450g (1lb) new potatoes, scrubbed and boiled until tender
3 large sprigs fresh rosemary
25g (1oz) butter, softened

Method

Preheat griddle pan or large frying pan. Add lamb and cook for 6-8 minutes each side. (Timing is for 2cm+ (¾") noisettes, chops, etc - allow slightly less time for thinner.)

During the last minute add to the pan half the butter and two large sprigs of rosemary – swirl around the melted butter and rosemary to coat the noisettes and impart flavour.

Lightly crush the cooked new potatoes and add the remaining butter and sprig of rosemary, stir through.

Serve with green beans and asparagus.

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NOISETTES, CUTLETS OR CHOPS

These are excellent for pan-frying, griddling or grilling and need very little, if any, extra fat for cooking. Noisettes, loin chops or cutlets cook quickly, so the fatty edges don't always crisp up. Use tongs to press these edges onto the pan and cook until golden.