

Autumn Comforts

Recipe Collection



Welsh Lamb from Wales, naturally.

Select **Quality**. Select **Tenderness**. Select **Welsh Lamb**.

At Hybu Cig Cymru-Meat Promotion Wales, we know our consumers want to make the most of our Welsh Lamb and consider factors such as **quality**, **freshness** and **taste** as well as **lusciously tender** meat.

In our autumn recipe collection, on the following pages you will find a range of new exciting dishes using Welsh Lamb that will **enhance** any meal occasion and is sure to please during the darker, cooler evenings.

Autumn meals made easy with the **versatility** of Welsh Lamb.

Hybu Cig Cymru - Meat Promotion Wales

PO Box 176 Aberystwyth SY23 2YA Telephone: 01970 625050 E-mail: info@hccmpw.org.uk Website: www.hccmpw.org.uk



Nutritional Analysis based on the 6th Edition of the Compositional Standard of Foods.

Griddled Welsh Lamb Leg Steaks

with Pesto Mushrooms

Serves: 2

Cooking Time: Approx 20 minutes

Ingredients

2 lean Welsh lamb leg steaks
6 shiitake mushrooms, thickly sliced or left whole
6 chestnut mushrooms, thickly sliced or left whole
30ml (2tbsp) green pesto sauce

Method

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

Add mushrooms and cook for the last 3-4 minutes until tender. Add pesto sauce and thoroughly coat steak and mushrooms, and cook for 1-2 minutes until thoroughly coated and starting to catch.

Serve with sautéed new potatoes and autumn coleslaw of red cabbage, apple, pear, walnuts and mayonnaise mixed with an added teaspoon of pesto sauce.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions
Energy 1640 kJ, 1568 kcal, Fat 19 g, Iron 4.4 mg

Welsh Faggots

Makes: Approx 15

Cooking Time: Approx 45-60 minutes

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

Ingredients

450g (1lb) lean minced Welsh lamb

1 leek, finely sliced

25g (1oz) breadcrumbs

Seasoning

2 large sprigs fresh sage, roughly chopped

300ml (½pt) lamb stock

15ml (1tbsp) gravy granules or thickening granules

15ml (1tbsp) mint jelly

1 onion, finely sliced

Method

Place all ingredients together in a large bowl. Thoroughly mix together and shape into small sausage shapes. Place in a shallow ovenproof dish.

Mix together hot stock, granules and mint jelly. Pour over the faggots and scatter with onions. Cover with foil and cook for 45-60 minutes.

Remove foil 10-20 minutes before the end of cooking to brown off.

Serve with oven baked sweet potatoes served in their skins with a knob of butter.



Nutritional Analysis

Typical nutrient content based on a portion of 3 faggots
Energy 876 kJ, 210 kcal, Fat 12 g, Iron 2.4 mg

Boned & Rolled Shoulder of Welsh Lamb

with Plum, Fig, Lamb & Rosemary Stuffing

Serves: Allow 100-175g (4-6oz) raw meat per person for boneless joints and 225-350g (8-12oz) for bone-in joints

Cooking Time: Medium – 25 minutes per 450g/½kg (1lb) plus 25 minutes

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

Ingredients

Lean Welsh lamb shoulder joint, boned and rolled

For the Stuffing:

225g (8oz) lean lamb mince

100g (4oz) fresh breadcrumbs

50g (2oz) dried figs, chopped

3 ripe plums, stoned and roughly chopped

3 large sprigs fresh rosemary, roughly chopped

1 red onion, finely chopped

45ml (3tbsp) plum or damson jam

Method

Take a lean boned and rolled shoulder joint, remove strings and flatten out the joint.

Make the Stuffing: Mix together all stuffing ingredients and place in a sausage shape in the centre of the joint. Roll up and secure with string. Any extra stuffing make into balls and cook around the joint. Weigh the joint when stuffed and calculate the cooking time. Place on a rack in a roasting tin and open roast in preheated oven for calculated cooking time. Serve with roasted beetroot and roasted potatoes, roasted plums and seasonal vegetables.



Nutritional Analysis

Typical nutrient content based on a 100g serving of boneless shoulder with stuffing
Energy 1498 kJ, 359 kcal, Fat 22 g, Iron 2.3 mg

Roast Welsh Lamb Loin Chops

with Rich Oriental Glaze

Serves: 4

Cooking Time: Approx 45 minutes

Temperature: Gas Mark 6, 200°C, 400°F

Ingredients

4-6 lean Welsh lamb loin chops
15ml (1tbsp) soft dark brown sugar
15ml (1tbsp) oil
30ml (2tbsp) soy sauce
5ml (1tsp) Chinese 5 spice
30ml (2tbsp) runny honey

Method

Place chops in a shallow roasting pan. Mix together sugar, oil, soy, Chinese 5 Spice and honey. Spoon and rub the mixture thoroughly over the chops.

Bake in oven for 30-45 minutes until dark, golden and fat is browned and crisp.

Serve with creamy mashed potatoes, mixed through with handful raw spinach leaves and 2-3 spring onions, finely sliced. Drizzle with any sticky juices from the pan.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions
Energy 1157 kJ, 275 kcal, Fat 8 g, Iron 1.5 mg

Welsh Lamb Pie

Serves: 4

Cooking Time: Approx 1 hour

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

Ingredients

8 lean Welsh lamb chops or 450g (1lb) lean shoulder or neck fillet, cubed
15ml (1tbsp) oil
2 onions, sliced
2 red eating apples, cored and sliced
6 baby carrots, peeled
3-4 sprigs fresh parsley, roughly chopped
black pepper
150ml (1/4pt) stock
500g shortcrust pastry
Egg

Method

Heat oil in a pan and brown lamb chops or shoulder cubes on all sides. Meanwhile layer onions, eating apples and carrots on bottom of ovenproof pie dish. Top with the lamb chops followed by the remaining onion, apple and carrot. Sprinkle with parsley, season and pour over stock.

On a floured surface roll out shortcrust pastry large enough to fit the pie dish. Dampen the edge of the dish with a little water and place on top of the dish, trim off any excess pastry and press and crimp the edges to seal. Brush with beaten egg and cook in a preheated oven for 1 hour, cover with foil once golden to prevent burning. Serve the pie with seasonal vegetables.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions
Energy 3687 kJ, 883 kcal, Fat 51 g, Iron 4 mg

Harvest Hotpot

Serves: 4

Cooking Time: Approx 2 hours

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

Ingredients

450g (1lb) lean Welsh lamb shoulder, cut into cubes

3 rashers lean bacon, roughly chopped

25g (1oz) butter

25g (1oz) wholewheat flour

Seasoning

150ml (¼pt) lamb stock or cider

2 leeks, sliced

2 carrots, peeled and sliced

½ swede or 2 turnips, peeled and sliced

450g (1lb) potatoes, peeled and sliced

25g (1oz) butter

Method

Heat 25g (1oz) butter in a pan. Brown lamb shoulder cubes and bacon. Add flour to thicken slightly followed by stock or cider. Season and arrange meat at the bottom of large ovenproof dish followed by layers of leeks, carrots, swede or turnip, and finally potato.

Brush with remaining 25g (1oz) melted butter and, cover with foil and bake in a preheated oven for 2 hours. Remove the foil for the last 30 minutes of cooking time or until the top layer is softened, and well browned and golden. Serve with seasonal green vegetables.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions

Energy 1851 kJ, 442 kcal, Fat 22 g, Iron 4 mg