

Spring | Summer

Welsh Lamb

SEASONAL RECIPES | IDEAS



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Protected Geographical Indication (PGI)

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 sheep 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.



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

Serves

4

Cooking time

About 20 minutes

Ingredients

450g (1lb) lean Welsh lamb mince
5ml (1tsp) garam masala or medium curry powder
5ml (1tsp) ground cumin
1 green chilli, deseeded and finely chopped
450g (1lb) new potatoes, cooked
3 spring onions, finely chopped

1 papaya, peeled, deseeded and sliced

Large handful baby spinach leaves
45ml (3tbsp) natural yogurt
15ml (1tbsp) mint jelly
30ml (2tbsp) fresh coriander, chopped
Toasted naan breads

Mini Welsh Lamb spiced balls

with sweet and sour roasted vegetables

Method

In a large bowl mix together lamb mince, garam masala, cumin and chilli. Shape into about 20 small balls.

Preheat grill and line rack with a piece of foil, or thread 3 balls onto soaked wooden skewers. Place under the grill for 12-15 minutes turning occasionally, until balls are cooked through and browned.

Into a bowl place the warm cooked potatoes, spring onions, papaya and spinach. Mix together yogurt, mint jelly and coriander.

Place the skewered balls onto the dish and drizzle over the minty yogurt dressing.

Serve with toasted naan breads.



Serves

2-3

Cooking time

About 20 minutes

Ingredients

225g (8oz) lean Welsh lamb leg steaks, cut into thin strips

300g (12oz) linguini pasta or spaghetti

25g (1oz) butter

1 clove garlic, crushed

1 small leek, very thinly sliced

50g (2oz) Prosciutto style ham, roughly chopped

100g (4oz) frozen peas, defrosted

50g (2oz) parmesan cheese, grated

Olive oil to drizzle

Welsh Lamb linguini

with peas and leeks

**Method**

Cook pasta in a pan of boiling water according to pack instructions. Melt the butter in a large pan.

Add the lamb strips and garlic and cook until browned all over. Add the leeks and continue to cook until softened.

Add the ham, mix well together and cook for 2-3 minutes. Add the peas during the last minute.

Thoroughly drain the pasta. Add the lamb mixture and toss well together. Serve scattered with grated parmesan, black pepper and drizzle with a little olive oil.

Serve with a large summery salad and crusty bread.



Serves

4 – makes about 8 fritters

Cooking time

About 20 minutes

Ingredients

450g (1lb) lean Welsh lamb mince
Seasoning
1 large courgette, grated
15ml (1tbsp) fresh mint, chopped
30ml (2tbsp) flour
1 egg, lightly beaten
45ml (3tbsp) vegetable oil

Salsa:

1 corn on the cob, kernels sliced off
and lightly fried
10ml (2tsp) sweet chilli sauce
15ml (1tbsp) fresh mint, chopped
Olive oil

Welsh Lamb, courgette and mint fritters

Method

Mix thoroughly together in a large bowl the mince, seasoning, courgette and mint.

Take a handful of the mixture and shape into a rough ball, then flatten into a pattie/fritter shape.

Place on a plate, cover and chill in the fridge for about 10 minutes.

Place flour onto a plate and beaten egg onto another. Firstly dip the fritter into flour and then dip in egg or use a pastry brush and brush with egg.

Heat oil in a shallow frying pan. Carefully place 2-3 fritters at a time into the oil and cook for 5-8 minutes until crispy, golden and cooked through. Mix together the salsa ingredients.

Serve fritters with salsa and crunchy seasonal salad.



Serves

4-6

Cooking time

About 20 minutes

Ingredients

450g (1lb) lean Welsh lamb
shoulder or leg, cut into large
chunks

15ml (1tbsp) Baharat spice

Pinch dried ginger

Juice and rind of 1 lemon

Pinch cinnamon

15ml (1tbsp) olive oil

1 pomegranate, seeds removed

Salad leaves

Flatbreads

Middle eastern style Welsh Lamb chunks

**Method**

Place the large chunks of lamb into a large bowl, add the spice, ginger, lemon, cinnamon and oil.

Mix thoroughly together to coat. Cover and marinate in the fridge for 2-3 hours.

Thread onto metal skewers and cook on a preheated BBQ or grill for 10-15 minutes until meat is cooked through.

Serve with pomegranate and mixed leaf salad and toasted flatbreads.

Serves

2-4

Cooking time

About 20 minutes

Ingredients

4-6 lean Welsh lamb loin chops
250g halloumi, or other similar hard cheese, cut into 4-6 thick slices
30ml (2tbsp) red pesto
Olive oil
Salt and black pepper

Hummous:

400g can chick peas, drained
30ml (2tbsp) olive oil
Juice and rind 1 lemon
1 clove garlic, crushed
Pinch cayenne pepper
Seasoning
6 green olives, pitted and roughly chopped/crushed

Stuffed Welsh Lamb chops

with halloumi and pesto served with crushed hummous, olives and lemon

Method

Place the chops on a board, using a sharp knife carefully make a slit in the fat side of each chop to create a shallow pocket.

Take a slice of cheese and place into the pocket, add a teaspoon of pesto. Rub the outside of each chop with a little olive oil and season.

Place under a preheated grill and cook for 8-10 minutes each side until cooked through and browned.

Meanwhile, place the hummous ingredients into a bowl, using a potato masher or fork squash the chick peas and roughly combine the ingredients together. Check the seasoning, place in a bowl and drizzle with a little more oil and a pinch of cayenne.

Serve the chops with hummous, salad and toasted pittas.



Serves

4-6

Cooking time25 minutes per 450g/½kg (1lb) plus
25 minutes**Temperature**

Gas Mark 4-5, 180°C, 350°F

Ingredients

1 boned Welsh leg of lamb
15ml (1tbsp) olive oil
1 red onion, chopped
2 cloves garlic, crushed
6 green olives, pitted and chopped
30g can anchovy fillets in oil,
drained and chopped
1 sprig rosemary, leaves removed
and chopped

Salt and black pepper
2 large handfuls baby spinach leaves
150ml (¼pt) white wine
String for tying or metal skewers

Roasted leg of Welsh Lamb

stuffed with spinach, olives, garlic and anchovies

**Method**

Preheat oven to Gas 4, 180°C, 350°F.

In a pan heat the oil, add the onion and garlic. Lightly cook until beginning to soften. Add the olives, anchovies and rosemary, continue to cook for 1-2 minutes. Take the boneless leg of lamb and open, place flattish on a chopping board. Season the meat and then lay the spinach on top. Spoon over the onion mixture and roll up the joint, if spinach falls out just push it back in. Secure with string or use some long metal skewers.

Place in the bottom of a large roasting pan. Pour over the wine, cover with foil and cook covered for half the calculated cooking time.

Remove the foil (add a splash more wine), baste the joint and cook for the remaining time. Allow the joint to rest for 10 -15 minutes before serving. Serve with seasonal steamed green vegetables. (You can roast potatoes around the joint – they will absorb some of the liquid but be crispy on top).

