

Spring | Summer

Welsh Lamb

SEASONAL RECIPES | IDEAS



For news, information and recipes visit
eatwelshlamb.com



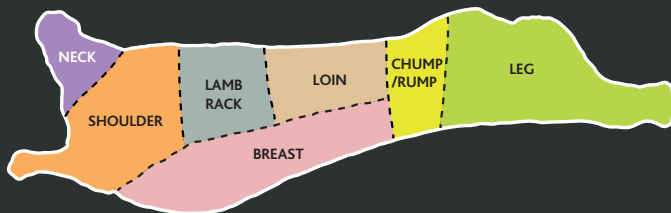
Protected Geographical Indication (PGI)

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.



Choosing the right cut...

Selecting the correct cut of meat for your recipe is most important, as this can make a significant difference in the succulence and flavour of the finished meal, and can also save you time and cost.

Lamb Cuts

Welsh lamb is available all year round, lamb is such a convenient and versatile meat with a wide range of bone-in and boneless cuts available from your local butcher or supermarket.

Look out for tender new season spring Welsh lamb through to mature flavoursome autumn lamb.

All lamb joints except those from the neck can be roasted and all the individual cuts from them such as chops and steaks are suitable for frying and grilling.

The earlier age at which lambs are processed means that the connective tissue in lamb cuts is more soluble within the natural moisture of the meat itself during cooking.

Please Ask

Ask your butcher or meat counter manager for their advice, explain the meal occasion and what you would like to cook, this will ensure you get the right cut of meat for your chosen method of cooking and the right amount for the number of people you want to feed.

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Welsh Lamb Racks

coated with Rosemary and Parmesan

Serves: 2-4

Cooking time: Approximately 25 minutes

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

2 Welsh lamb racks – each rack with 3 bones
50g (2oz) fresh breadcrumbs
12g (½oz) grated Parmesan cheese

Seasoning

3 sprigs fresh rosemary, 1 finely chopped
1 egg, beaten
15ml (1 tbs) olive oil

Method

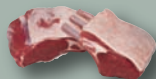
Place in a bowl the breadcrumbs, cheese and seasoning – mix together. Put the chopped rosemary onto a plate and add the rack of lamb. Press the rosemary into the lamb on all sides. Place oil into a frying pan and heat. Add lamb racks and brown on all sides. Place baking tray in oven to preheat. Carefully using tongs dip the rack firstly into the egg and coat, and then into the crumbs. Place the lamb racks onto the preheated baking tray. Bake for 20-25 minutes until coating is golden brown and lamb still nice and pink.

Serve with mixed seasonal salad and buttered new potatoes.



Lamb Racks

Prepared from the best-end the rack is an extremely versatile cut of lamb and is quick to cook, the meat and bones are trimmed by your butcher prior to cooking, this is known as French trimmed.



Welsh Lamb Chops

with sticky BBQ sauce

Serves: 4

Cooking time: Approximately 25 minutes

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

8 lean Welsh lamb loin chops
150ml (¼pt) apple and mango juice
(or similar flavour)
45ml (3 tbsp) tomato ketchup
15ml (1 tbsp) brown ketchup/sauce
15ml (1 tbsp) mustard
2.5ml (½ tsp) Chinese 5 spice

Method

Place lamb chops in a large ovenproof roasting pan. Mix together the fruit juice, ketchups, mustard and 5 spice.

Pour over the chops, turn chops over to thoroughly coat. Place in oven and cook for 20 minutes until edges of fat are starting to catch. After 20 minutes remove from oven and carefully pour off the sauce, reserve in a separate jug. Replace chops back in the oven for a further 5 minutes to become more sticky and golden.

Serve with BBQ sauce, baked potatoes and corn on the cob.



Loin Chops

Taken from the loin, these require very little cooking, ideally eaten slightly pink. The cooking time depends on the thickness of the chops and the degree of doneness required whether this is rare, medium or well-done. Suitable for frying, grilling and roasting.





Welsh Lamb

green chilli korma



Serves: 4

Cooking time: Approximately 1½ hours

Ingredients

675g (1½lb) lean Welsh lamb shoulder cubes
15ml (1 tbsp) vegetable oil
1 onion, peeled and chopped
1 green chilli, deseeded and chopped
30ml (2 tbsp) mild korma curry powder
400ml approx can coconut milk
3 spring onions, finely sliced
Large handful baby spinach
30ml (2 tbsp) coconut shavings or toasted almonds

Method

In a large pan heat oil and brown the lamb cubes. Add the onion and chilli, and cook lightly. Add the curry powder and continue to cook coating all the ingredients in the pan. Add the coconut milk and bring to the boil. Place lid on pan and simmer for 1 hour. Remove lid for a further 30 minutes to allow the sauce to evaporate and create a rich creamy sauce. Add the spring onions and spinach, just stir through and serve.

Sprinkle with coconut and serve with boiled basmati rice.



Cubed Lamb

Cut from the leg or shoulder, lamb cubes are great for kebabs, curries, stews and casseroles. The leg meat will provide leaner pieces of meat, but the shoulder trimmed of excess fat will provide for slightly more flavour.

Welsh Lamb Shoulder

stuffed with tomatoes, basil & lemon

Serves: 4

Cooking time: 25 minutes per 450g/½kg (1lb) plus 25 minutes

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

Ingredients

1kg (2.2lb) boned Welsh lamb shoulder joint
1 lemon cut into wedges
Handful fresh basil leaves
50g (2oz) sundried tomatoes and
30ml (2 tbsp) oil from the jar + 4 extra tomatoes
Seasoning
450g (1lb) new potatoes, halved

Method

Preheat oven. Remove strings from joint if it is strung, open joint and lay flat on a board fat side downwards. Place onto the lamb 1 lemon wedge, a handful of basil leaves and the sundried tomatoes. Fold and roll the lamb and tie with string or use butchers bands.

Weigh the joint and calculate the cooking time: 25 mins per 450g/½kg (1 lb) plus 25 mins. Place the joint in a roasting pan and season. Surround with the potatoes and spoon tomato oil over the lamb. Baste the lamb and stir the potatoes during cooking. Stir and add the remaining sundried tomatoes during the last 30 minutes of cooking.

Serve thickly sliced, garnished with lemon wedges and roasted potatoes.



Boned and Rolled Shoulder

A succulent tender roasting joint, ideal for stuffing, and being boneless provides for ease of carving, ideal for a family Sunday roast, or perfect for a mid-week supper.





Welsh Lamb

and rosemary stuffed leeks

Serves: 2

Cooking time: Approximately 50 minutes

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

225g (8oz) lean Welsh lamb mince
3 large leeks, washed and cut into 5cm/2" pieces and remove tough outer layers
5ml (1 tsp) vegetable oil
1 sprig fresh rosemary, leaves removed and finely chopped
5ml (1 tsp) dried cumin
5ml (1 tsp) cumin seeds
150ml (1/4pt) lamb stock
15ml (1 tbsp) tomato purée
200ml approx small can chopped tomatoes (or 1/2 a large can)

Method

Take each leek piece and using the end of a wooden spoon push out the light coloured centre layers of the leek, leaving a small area in the centre of the leek for stuffing. Reserve the leek layers and finely chop. Place the whole leek pieces 'end on' into a deep gratin type dish and prepare the mince mixture.

Heat the oil in a large pan and add the lamb mince and brown. Add the rosemary, cumin and cumin seeds, cook for 1-2 minutes. Add stock, purée and canned tomatoes. Bring to the boil.

Carefully spoon mince mixture into the leek centres (you may need to push it down using the end of a wooden spoon). Any remaining mince mixture can be spooned around the edge of the dish. Cover with foil and bake in the oven for 30-40 minutes – remove and check that outer layers of leek are tender (some 'tougher' leeks may need slightly longer cooking). Serve with spiced rice and extra green vegetables.



Lamb Mince

Taken from the shoulder, lamb mince is so versatile, flavoursome, easy to cook and provides the option of preparing many creative meals with an endless array of flavours, not forgetting the classic shepherd's pie or a tasty lamb burger or spiced minced lamb kebabs on sticks.

Thai Style Welsh Lamb Leg Steaks

with ginger and tomato salad

Serves: 2

Cooking time: Approximately 15 minutes

Ingredients

4 lean Welsh lamb leg steaks
10ml (2 tsp) green Thai paste
1 green chilli, deseeded and finely chopped
1" root ginger, peeled and finely chopped
Small knob of butter

Salad

5ml (1 tsp) olive oil
Black pepper
2 fresh tomatoes sliced

Method

Place lamb steaks in a shallow bowl. Add the green Thai paste and half the ginger and garlic. (Reserve the other half of both ginger & garlic and use in the salad dressing).

Mix and rub over all sides of the steaks. Cover and leave until ready to cook.

Prepare the Salad: Finely chop or pound together in a pestle and mortar the chilli and ginger until smooth-ish. Add the oil and black pepper, and mix together. Add the tomatoes, mix together and leave to stand at room temperature until steaks are ready. Preheat a grill or griddle plate and cook lamb steaks for about 4-6 minutes each side (depending on thickness of steak).

When cooked place on a plate, add a small knob of butter to the top of each steak and allow to stand for 3-5 minutes.

Serve steak with buttery juices, and ginger and tomato salad.



Leg Steaks

These are cut from the leaner part of the leg, take care not to over cook the steaks to ensure maximum tenderness and flavour.

