



meals made easy

with the versatility of **Welsh Lamb** mince

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.



Welsh Lamb Crumble

Serves
4

Cooking time
Approx 45 minutes

Temperature
Gas Mark 5, 190°C, 350°F

WHEN YOU BUY **WELSH LAMB**
YOU KNOW THAT THE INTEGRITY
WITH WHICH THE MEAT IS SOURCED IS
BEYOND QUESTION AND ITS QUALITY
IS OUTSTANDING

QUICK • EASY • VERSATILE

For more information about Welsh Lamb, visit eatwelshlamb.com

Ingredients

450g (1lb) lean Welsh lamb mince
1 onion, peeled and chopped
2 carrots, peeled and chopped up into small pieces
30ml (2tbsp) plain flour
300ml (½ pt) lamb or vegetable stock
15ml (1tbsp) tomato purée
5ml (1tsp) dried mixed herbs
a little ground black pepper

Crumble

150g (6oz) plain flour
75g (3oz) butter, cubed
50g (2oz) oats
50g (2oz) grated cheese

Method

Place the mince in a non-stick saucepan and dry fry for 5-6 minutes until browned. Add the onion and carrots and continue frying for 3 minutes.

Add the flour and stir in well, then slowly add all the stock, tomato purée, herbs and black pepper. Bring to the boil and stir until thickened.

Pour the mince mixture into an ovenproof dish. Make the crumble by putting the flour in a bowl, add the butter and rub in to the flour. It should look like breadcrumbs. Then add the cheese and oats, mix well and spoon the crumble over the mince mixture.

Bake in a pre-heated oven for 25 mins until a golden colour and crispy. Serve with cooked peas or broccoli.



Spicy Welsh Lamb Skewers with mint & chilli

Makes
8 lamb skewers

Cooking time
Approx 10-15 minutes, turning once

Ingredients

450g (1lb) lean Welsh lamb mince
10ml (2tsp) ground cumin
15ml (1tbsp) fresh mint, chopped
1 red chilli, seeded and finely chopped

Method

Place all the ingredients into a large bowl and mix thoroughly. Divide the mixture into 8, form into sausage shapes and thread onto (soaked wooden) skewers. Place under a preheated grill and cook for approximately 10-14 minutes until cooked thoroughly.

Serve the lamb skewers as a snack with chutney, poppadoms or naan bread, or as part of a main meal with warm potato, sun dried tomato and spring onion salad.



Welsh Faggots

Makes
Approx 15

Cooking time
Approx 45-60 minutes

Temperature
Gas mark 4-5 180°C 350°F

Ingredients

450g (1lb) lean Welsh lamb mince
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.



Thai Mini Welsh Lamb Bites

Serves
2-4

Cooking time
Approx 20-30 minutes

Temperature
Gas Mark 4, 180°C, 350°F

Ingredients

225g (8oz) lean Welsh lamb mince
60ml (4tbsp) fresh breadcrumbs
15ml (1tbsp) creamed coconut
5ml (1tsp) red Thai curry paste
5ml (1tsp) lime or lemon juice
Fresh coriander

Method

Mix together the lamb mince with remaining ingredients. Shape into 10-12 mini meatballs. Bake in a preheated oven for 15-20 minutes or grill for 4-5 minutes each side.

Serve with sweet chilli dipping sauce.



Welsh Lamb Moussaka

Serves
4-6

Cooking time
Approx 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
15ml (1tbsp) tomato purée
15ml (1tbsp) mint jelly
1 aubergine, thinly sliced
2 large potatoes, peeled and thinly sliced
1 leek, sliced
200g pot plain yogurt
2 eggs, medium sized
75g (3oz) Feta cheese

Method

In a non-stick pan dry fry lean lamb mince for 4-5 minutes with onion and garlic until browned. Add tomato purée and mint jelly. Season and cook for 2-3 minutes.

Meanwhile lightly blanch together in boiling water the aubergine, potato and leek slices. Drain well.

Using an ovenproof dish layer the mince mixture with aubergine, potato and leek. Finishing with the top layer of potatoes, leeks and aubergine. Mix together plain yogurt with eggs and pour over the top. Crumble over Feta cheese. Bake in preheated oven for 35-40 minutes until golden brown and vegetables tender, if it starts to catch cover with foil.

Serve with mixed green salad and crusty brown bread.



Welsh Lamb Samosa

Makes
Approx 20

Cooking time
Approx 15-20 minutes

Temperature
Gas Mark 4 180°C, 350°F

Ingredients

225g (8oz) lean Welsh lamb mince
1 onion, finely chopped
30ml (2tbsp) curry paste
1 carrot, finely chopped
1 potato, peeled and chopped
50g (2oz) frozen peas, thawed
Black pepper
10 sheets filo pastry
25g (1oz) margarine, melted

Method

In a saucepan, dry fry the mince and onion until browned. Add curry paste and cook for 2 minutes. Stir in carrot, potato, peas and seasoning, cook for a further 2-3 minutes. Allow to cool.

Cut filo pastry in half to form rectangles, approximately 9cm (3½") wide. Brush edges with margarine. Place a heaped teaspoon of the filling onto the pastry. Fold corner over to form a triangle, continue folding retaining triangular shape. Repeat using the remaining ingredients. Place on a baking tray, brush with margarine and bake in a preheated oven for 15-20 minutes until golden.

Serve hot or cold as a starter or snack with cucumber raita.



Welsh Lamb Meatballs with rich tomato sauce

Serves
3-4

Cooking time
Approx 20 minutes

Ingredients

For the Meatballs

450g (1lb) lean Welsh lamb mince
30ml (2tbsp) tomato purée
15ml (1tbsp) fresh flat leaf parsley
8 sun dried tomatoes, chopped

For the Sauce

100g (4oz) lean back bacon rashers, chopped
1 onion, peeled and chopped
1 carrot, peeled and diced
1 stick celery, chopped
1 clove garlic, crushed
400g (approx) can chopped tomatoes
150ml (¼pt) passata or creamed tomatoes
15ml (1tbsp) fresh flat leaf parsley
15ml (1tbsp) fresh basil
Black pepper

Method

For the meatballs mix all the ingredients together and shape into 12-15 meatballs.

In a large non-stick saucepan dry fry the bacon, onion, carrot, celery and garlic for 4-5 minutes. Add the rest of the sauce ingredients.

Place the meatballs in the sauce, bring to the boil and simmer, uncovered for 20-25 minutes, until meatballs are cooked and sauce has thickened. Serve sprinkled with chopped parsley and basil.

Serve the meatballs with spaghetti and a large mixed side salad.



Mini Welsh Lamb Pizza

Makes 8-10 mini pizzas	Cooking time Approx 25 minutes plus 40 minutes proving time for bread	Temperature Gas mark 8, 230°C, 450°F
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Ingredients

225g (8oz) lean Welsh lamb mince
 500g bread mix
 30ml (2tbsp) sun dried tomato purée
 Passata – 15ml (1tbsp) per pizza
 1 large beef tomato, sliced
 4 mushrooms, sliced
 ½ green pepper, deseeded and thinly sliced
 30ml (2tbsp) fresh mixed herbs, eg, parsley, basil
 50g (2oz) grated Mozzarella cheese

Method

Take a bread mix and make according to pack instructions.

Meanwhile place lean lamb mince and dry fry in a saucepan, add sun dried tomato purée and cook until browned off.

Lightly knead dough and shape. Divide dough into approx 10 and roll into small rounds. Place on a greased baking tray, top with a spoonful of passata on each pizza round, followed by tomato slice, spoonful of lamb mixture and followed by remaining ingredients.

Allow to rise for 5-10 minutes and then put into a preheated oven for 15-20 minutes until well-risen and golden brown.

Serve warm with rocket leaves or homemade coleslaw.



Shepherds Pie with leek & cheese mash topping

Serves 4	Cooking time Approx 45 minutes	Temperature Gas Mark 5, 190°C, 350°F
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Ingredients

450g (1lb) lean Welsh lamb mince
 1 onion, chopped
 2 carrots, peeled and chopped
 30ml (2tbsp) plain flour
 300ml (½pt) stock
 15ml (1tbsp) tomato purée
 5ml (1tsp) dried mixed herbs
 Salt and black pepper

Leek and Cheese Mash Topping:
 675g (1½lb) 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.



Welsh Lamb & Apricot Burger

Makes
4-6 burgers

Cooking time
Approx 8-12 minutes

Ingredients

450g (1lb) lean Welsh lamb mince
5ml (1tsp) oil
1 small onion, peeled and finely sliced
5ml (1tsp) mild curry powder
50g (2oz) dried apricots, roughly chopped

Method

Heat oil in a small pan and lightly cook onions. Add curry powder and gently cook for 1-2 minutes. Allow to cool slightly.

Place lamb mince and apricots into a large bowl and add slightly cooled onions.

Mix well together and divide the mixture into 4 or 6 and shape into burgers. Place under a preheated grill or on a hot barbecue for 8-12 minutes, turning occasionally until cooked thoroughly.

Serve with curried mayo and spicy couscous.



Welsh Lamb Kofta Burger

Makes
4-6 burgers

Cooking time
Approx 10-15 minutes

Ingredients

450g (1lb) lean Welsh lamb mince
30ml (2tbsp) medium curry paste
1 lime or lemon, juice and rind
30ml (2tbsp) fresh coriander, chopped
Salt and pepper

Method

Place lamb mince into a large bowl with curry paste, lime or lemon juice & rind, and fresh coriander. Season with salt and pepper. Divide the mixture, shape into 4-6 burgers.

Place on a preheated barbecue or grill for 8-12 minutes until thoroughly cooked.

Serve with pilau rice salad and toasted naan breads.



Welsh Lamb & Feta Burgers

Makes

6 medium sized burgers

Cooking time

Approx 12 minutes

Ingredients

450g (1lb) Welsh lamb mince
30ml (2tbsp) fresh mint, chopped
Black pepper
75g (3oz) feta, crumbled
Guacamole

Method

In a bowl mix together lamb mince, fresh mint, black pepper and feta, combine well together.

Shape into 6 medium sized burgers and cook under a preheated grill or barbecue for approx 12 minutes or until thoroughly cooked.

Serve in toasted ciabatta rolls with a dollop of premade guacamole, large seasonal salad and a side dish of olives.