



Springtime Lamb Loin Roast with Savory Apricot Glaze
Lamb Bread Pudding, Blue Cheese Lamb Patties, Lamb
Carnitas Tacos with Orange Mint Salsa, Mediterranean
Stuffed Lamb Leg, Lamb Paella, & Much More...

Lamb the Forgotten Meat
"it's soooooo good"

**LAMB Roasted, Baked
Grilled "Let's Eat !!"**

Aromatic Lamb

Ingredients:

1 Large Leg of lamb
3 lb Potatoes
Lemon
Honey.
Olive oil.
Butter.
Rosemary, thyme & oregano.
Water.

Directions:

- * Put the leg of lamb into a large roasting tin. Crush the leaves of 2 or 3 sprigs of rosemary and sprinkle them over the meat. Add plenty of pepper and 1 tablespoon honey. Rub the mixture into the meat by hand.
- * Rub half a lemon over the joint, squeezing the juice on to the meat as you do so. Do not add any salt. Leave to marinate for between 4 to 24 hours.
- * Peel and quarter the potatoes, then arrange them in a single layer round the lamb. Squeeze lemon juice over the potatoes.
- * Pour 1/4 pint water into a corner of the roasting pan, then sprinkle over the potatoes and lamb about 2 tablespoons chopped fresh rosemary, 1 teaspoon each fresh chopped thyme and oregano, and some salt and pepper. Drizzle on 1-1/2 teaspoons honey and 1 tablespoon olive oil, then dot with 1 oz butter. Bake at 425 F (220 C) gas mark 6 for a further 1 to 1-1/4 hours. Lift the meat and turn the potatoes occasionally, and if necessary, add a little boiling water to the pan to prevent the meat drying out.

Adobo Crusted Lamb Loin Chops

1 tablespoon fennel seed
1 tablespoon cumin seed
2 teaspoons coriander seed
2 teaspoons cracked pepper
1-1/2 teaspoons kosher salt
2 teaspoons minced garlic cloves
2 teaspoons fresh oregano leaves
2 teaspoons lime zest
1/2 teaspoon each fresh thyme and rosemary leaves
8 American lamb loin chops, 1-inch thick
1/4 cup olive oil

In a dry skillet, toast fennel, cumin, coriander and pepper for a few minutes until aromatic; let cool and grind coarsely in a spice grinder or blender. Stir in salt, garlic, oregano and lime zest. Add the thyme and rosemary to the spice mixture. Rub both sides of each lamb chop with about a tablespoon of the spice mixture; cover and marinate for at least 1 hour.

Preheat oven to 400°F. Heat ovenproof large skillet over medium-high heat; add 2 tablespoons of oil, heating until it shimmers. Place lamb chops in hot pan and sear for 3 minutes; turn lamb to sear the second side for an additional 3 minutes. Place the pans into the 400°F oven; bake for 5 to 10 minutes or until lamb is cooked to your liking.

Lamb and Goat Cheese Pizza with Rosemary and Sun-Dried Tomatoes

1 prebaked 12-inch pizza crust
1 tablespoon olive oil
1 teaspoon chopped fresh rosemary leaves
4 Roma tomatoes, sliced thin
1/4 cup chopped red onion
1/2 pound ground American Lamb
1/4 cup sun-dried tomatoes in oil, drained and chopped
1/2 cup crumbled goat cheese
1/3 cup chopped red bell pepper
1/3 cup chopped green bell pepper

Place pizza crust on pizza pan. Brush with oil, sprinkle with rosemary and add layer of tomatoes; set aside. In medium skillet sprayed with nonstick cooking spray, cook onion over medium-high heat for 2 minutes. Add lamb, cook and crumble until no longer pink. Drain well and stir in sun-dried tomatoes. Distribute over pizza crust. Sprinkle with cheese and bell peppers. Bake in 375°F oven for 8 to 10 minutes. Remove from oven and cut into 8 slices.

Holiday Lamb Pie

1 box (15 ounces) refrigerated pie crust (2 crusts)
1 small onion, chopped
1 tablespoon olive oil
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
1-1/2 pounds cubed cooked lamb shoulder, cut into 1-inch cubes
1/3 cup ketchup
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon thyme leaves
1 cup part-skim ricotta cheese
1 egg
1 teaspoon Italian seasoning
1 egg, beaten with 1 tablespoon water

Preheat oven to 375°F.

Remove pie crusts from box, following package directions. Unfold crust; sprinkle with 1 teaspoon flour. Place floured side down on 9-inch pie plate.

In small skillet, melt butter and cook onion for 4 minutes. Stir in spinach and cook 2 minutes. Cool. Spread spinach mixture on pie crust.

In large bowl, stir together lamb, ketchup, salt, pepper and thyme. Spoon lamb mixture over spinach. In small bowl, stir together ricotta cheese, egg and allspice; spread over lamb. Brush pastry edge with egg wash. Top with remaining pie crust. Crimp together edges of dough to seal. Brush with egg and water wash. Make slits in top.

Bake for 30 to 35 minutes or until lightly browned.

Cajun Lamb Roast

1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon pepper
1/4 teaspoon chili powder
1/4 teaspoon paprika
1/8 teaspoon garlic powder
1 tablespoon olive oil
1 boneless lamb roast, sirloin or top round (1 to 2 pounds)

Preheat oven to 350°F.

Stir together salt, peppers, chili powder, paprika and garlic powder and rub into lamb. Let stand 15 minutes. In large skillet, heat oil to medium-hot and brown lamb on all sides. Place lamb in shallow roasting pan or rack and roast in oven 35 to 40 minutes or until meat thermometer registers 145°F for medium-rare, 160°F for medium or 170°F for well-done. When lamb has reached desired degree of doneness, remove from oven and let rest 10 minutes. Internal temperature will rise approximately 10 degrees. Slice lamb on diagonal and serve with rice.

Irish Lamb Soup

1 tablespoon olive oil
1 medium onion, coarsely chopped
1-1/2 pounds lamb boneless shoulder, cut into 3/4-inch cubes
1 bottle (12 ounces) beer or 3/4 cup water
1 teaspoon seasoned pepper
2 cans (14.5 ounces each) beef broth
1 package (.93 ounces) brown gravy mix
3 cups cubed potatoes
2 cups thinly sliced carrots
2 cups shredded green cabbage
2 tablespoons chopped fresh parsley, optional

In a 3-quart pan with cover, heat oil. Add onion and cook until brown, stirring occasionally. Add lamb and cook, stirring until browned. Stir in beer and pepper. Cover and simmer for 30 minutes.

Mix in broth and gravy mix. Add potatoes and carrots, cover and simmer for 15 to 20 minutes or until vegetables are tender. Stir in cabbage and cook 5 minutes longer. Garnish with chopped parsley if desired. Serve.

Spicy Lamb and Peanut Stew

12 ounces lamb boneless shoulder or sirloin, cut into 3/4-inch cubes
1/2 cup chopped onion
1 clove garlic, finely chopped
1-1/3 cups fat-free beef broth
2 medium carrots, sliced
1/2 pound small new potatoes, halved or quartered (about 4 to 5 potatoes)
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon cayenne
1/2 cup frozen peas
1/4 cup peanut butter
Chopped dry roasted peanuts (optional)

Spray large saucepan with cover with nonstick cooking spray. Add lamb cubes, onion and garlic. Brown meat over medium-high heat.

Stir in broth, carrots, potatoes, salt, pepper and cayenne. Bring to a boil; reduce heat. Cover tightly and simmer 20 minutes.

Stir in peas and peanut butter. Cover and cook 5 minutes. Stir gently. Garnish with chopped peanuts, if desired.

Classic Rack of Lamb with Cherry Pecan Sauce

2 lamb racks, trimmed
1-1/2 teaspoons coarse ground mustard
1/2 cup unseasoned dry bread crumbs
1/4 cup finely chopped parsley
1/2 teaspoon dried rosemary leaves, crushed
1/4 teaspoon pepper
Cherry Pecan Sauce (recipe follows)

Cherry Pecan Sauce

1/3 cup chopped onion
1 teaspoon olive oil
1/2 cup pineapple juice
2 tablespoons vinegar
1 teaspoon brown sugar
1/2 teaspoon beef bouillon granules
1/4 teaspoon nutmeg
1/4 teaspoon pepper
1/3 cup water
2 teaspoons cornstarch
1/4 cup dried tart cherries, soaked in hot water and drained
1/4 cup chopped toasted pecans

Preheat oven to 375°F.

On roasting rack in shallow baking pan, place lamb meat side up. Spread mustard over meat. In small bowl, combine bread crumbs, parsley, rosemary and pepper. Pat bread crumb mixture over mustard. Roast at 375°F for 30 to 35 minutes per pound or until desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well-done. Let roast stand for 10 minutes before slicing. Internal temperature will rise approximately 10 degrees. Serve with Cherry Pecan Sauce.

Cherry Pecan Sauce

In a small saucepan, heat oil over medium-high heat and cook onion 3 to 4 minutes, stirring occasionally. Mix in pineapple juice, vinegar, brown sugar, beef granules, nutmeg and pepper. Combine water and cornstarch; mix well and blend into sauce. Bring sauce to a boil, stirring until thickened. Add cherries and pecans. Remove from heat; let stand 10 minutes. Makes about 1-1/4 cups sauce.

Rosemary Scented Rack of American Lamb with Oven Dried Tomatoes and Black Olives

2 lamb racks, trimmed
2 tablespoons finely chopped fresh rosemary leaves
2 teaspoons sea salt
2 teaspoons pepper
2 tablespoons olive oil
1/3 cup chopped carrots
1/3 cup chopped celery
1/3 cup chopped onion
Oven Dried Tomatoes and Black Olives (recipe follows)

Oven Dried Tomatoes and Black Olives

4 Roma tomatoes, cut into quarters
1 tablespoon olive oil, divided
2 teaspoons chopped fresh basil leaves
2 medium cloves garlic, finely chopped
1/2 teaspoon sea salt
1/4 teaspoon pepper
24 pitted black olives, cut into quarters

Lamb

Preheat oven to 375°F. Rub lamb racks with rosemary and season with salt and pepper. In large skillet, heat oil over medium-high heat. Quickly brown racks on each side.

Distribute vegetables in shallow roasting pan. Place lamb racks meat side up on vegetables. Roast in oven for 30 to 45 minutes or to desired degree of doneness: 145°F for medium-rare, 160°F for medium and 170°F for well-done. Remove from oven and let stand for 10 minutes. Internal temperature will rise approximately 10 degrees. Slice between the ribs and arrange on plates. Top with Oven Dried Tomatoes and Black Olives. Serve with seasonal vegetables and crisp salad.

Oven Dried Tomatoes and Black Olives

In medium bowl combine tomatoes, 1 teaspoon oil, basil, garlic, salt and pepper. Pour onto cookie sheet, spread out. Roast in a 175°F oven for 6 hours, stirring occasionally. Cool. Combine with olives and remaining 2 teaspoons oil.

Raspberry Glazed Lamb Ribs

4 lamb spareribs, trimmed
1 teaspoon salt
1 teaspoon pepper
1 teaspoon paprika
1/2 cup red wine vinegar
1/2 cup white wine or chicken broth
1/2 cup seedless raspberry jam
1 green onion, finely chopped
1 tablespoon cornstarch
1 tablespoon water

Rub salt, pepper and paprika into lamb ribs. In medium saucepan, combine vinegar, white wine or broth, raspberry jam and green onions. Stir over medium heat until jam is melted. Stir together cornstarch and water; add to raspberry mixture and stir sauce until smooth and clear.

To Roast: Preheat oven to 375°F. Place lamb ribs on rack in roasting pan. Cover and roast in oven for 30 minutes. Baste with glaze and roast an additional 10 minutes.

To Grill: Grill over medium-hot coals. Cover and grill 4 inches from coals for 30 to 45 minutes or until desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well-done. Turn every 10 minutes. Brush on glaze during last 10 minutes of grilling.

Lamb Paella

2 pounds lamb riblets, well trimmed
1/4 cup Italian salad dressing
1 tablespoon olive oil
1 large onion, finely chopped
3 cloves garlic, finely chopped
1 red bell pepper, finely chopped
1 green bell pepper, finely chopped
2 teaspoons curry powder
1/2 teaspoon turmeric
1/2 teaspoon salt
2 cups rice
4 cups chicken broth
8 medium shrimp, shelled and deveined
8 medium clams, washed
1/2 cup frozen peas, defrosted
1/2 cup slivered almonds, toasted
1 lemon, sliced into wedges

Place lamb riblets in large pan and add salad dressing. Cover, refrigerate and marinate for 30 minutes.

Preheat oven to 325°F. Drain ribs; place on rack in roasting pan. Roast in oven for 30 minutes.

In large pan or skillet, heat oil over medium-high heat. Cook onion and garlic for 3 to 4 minutes. Stir in red and green pepper, curry, turmeric, salt, rice and chicken broth; bring to a boil.

Adjust oven temperature to 400°F. Transfer rice mixture to 9 x 13-inch baking pan. Top with cooked riblets and bake for 15 minutes. Add shrimp and clams; bake additional 15 to 20 minutes.

Top with peas and almonds. Garnish with lemon wedges.

Greek-Style Lamb Leg Roast

1 tablespoon lemon juice
1 teaspoon honey
3/4 teaspoon garlic powder, divided
1/2 teaspoon dried thyme, crushed
2 to 2-1/2 pounds lamb boneless leg roast, rolled and tied

1/2 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
8 green onions, finely chopped
2 tablespoons chopped fresh oregano or 2 teaspoons dried oregano, crushed
1/2 cup crumbled feta cheese (about 2 ounces)
2 tablespoons fine dry bread crumbs

Preheat oven to 325°F.

For rub, combine lemon juice, honey, 1/2 teaspoon garlic powder and thyme. Rub on all surfaces of lamb roast. Combine spinach, green onions, oregano and 1/4 teaspoon garlic powder; mix well. Stir in feta cheese and bread crumbs. Untie lamb roast and place skin-side down on a flat surface. Cut meaty part of roast as necessary to allow it to lie as flat as possible. Do not cut through skin side of roast. Place stuffing onto roast, pressing into meat. Roll up and tie securely. Place on rack in a roasting pan. Roast in oven for 20 to 25 minutes per pound or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well-done. Let stand 10 minutes. Internal temperature will rise approximately 10 degrees. Slice and serve.

Italian Stir-Fried Lamb

3/4 cup chicken broth
1/4 cup dry white wine or water
2 tablespoons prepared pesto
4 teaspoons cornstarch
1/2 teaspoon dried oregano leaves, crushed
1 tablespoon peanut oil
1/2 cup thinly sliced carrots
1 package (10 ounces) frozen Italian-style green beans, thawed
1 cup sliced fresh mushrooms
12 ounces lamb boneless leg or sirloin, thinly sliced into 3-inch strips
1 cup halved cherry tomatoes
4 ounces linguine or fettuccine, cooked
2 tablespoons grated Parmesan cheese

In a small bowl, combine broth, wine or water, pesto, cornstarch and oregano. Set aside. Preheat a wok or large skillet over high heat; add oil. Stir-fry carrots and green beans for 4 minutes. Add mushrooms; stir-fry 1 to 2 minutes or until vegetables are crisp tender. Remove vegetables from wok or skillet; set aside.

Add lamb strips to wok or skillet. Stir-fry about 3 minutes or until slightly pink. Add vegetable mixture. Add pesto mixture to skillet. Cook and stir until thickened and bubbly. Stir in tomatoes. Cook 1 minute longer. Serve over hot cooked pasta; sprinkle with Parmesan cheese.

Lamb Souvlaki with Yogurt-Garlic Sauce

Lamb Souvlaki

2 tablespoons extra-virgin olive oil
1 tablespoon chopped fresh garlic
1-1/2 teaspoons chopped fresh oregano leaves
3/4 teaspoon freshly ground black pepper
1/2 teaspoon kosher salt
3/4 pound lamb leg, cut into 12 cubes
2 yellow bell peppers, cut into 1-inch strips
1 red onion, cut into 8 pieces
16 cherry tomatoes
4 whole wheat pitas
8 (12-inch) wooden skewers, soaked in water
Yogurt-Garlic Sauce (recipe follows)

Yogurt-Garlic Sauce

2 cucumbers, chopped

Pinch of salt

1 tablespoon freshly squeezed lemon juice

3/4 cup Greek-style yogurt or sour cream

1 teaspoon finely chopped garlic

Salt and pepper, to taste

Mediterranean Stuffed Lamb Leg

4 teaspoons olive oil, divided
1/4 cup chopped green onions
2 cloves garlic, finely chopped
1 cup spinach leaves, shredded
1/4 cup fresh basil, shredded
2 tablespoons finely chopped sun-dried tomatoes in olive oil, drained
2 tablespoons pine nuts
2 teaspoons lemon pepper, divided
1/2 cup crumbled feta cheese
4 to 5 pounds lamb leg, boned and rolled

In medium skillet, heat 2 teaspoons olive oil. Cook onion and garlic for 3 minutes. Mix in spinach, basil, sun-dried tomatoes, pine nuts and 1 teaspoon lemon pepper. Cook additional 2 to 3 minutes until spinach is wilted. Mix in feta cheese; set aside.

Preheat oven to 325°F. Remove netting or strings from leg of lamb and open. Flatten and place stuffing in center of meat; roll back up and re-tie with string. Brush with 2 teaspoons olive oil and sprinkle with 1 teaspoon lemon pepper.

Place leg on rack in roasting pan and roast in oven for approximately 2 hours or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well-done. Let roast stand, covered, 10 minutes before slicing. Internal temperature will rise approximately 10 degrees.

Tip: If boneless leg is unavailable in the meat case, ask your supermarket meat cutter to bone a leg.

Lamb Carnitas Tacos with Orange Mint Salsa

Carnitas

2 cups orange juice
1 (12-ounce) bottle of beer (preferably dark)
4 garlic cloves, smashed
1 small onion, chopped
2 cinnamon sticks
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon salt
1 teaspoon black pepper

3 lamb shanks

12 corn tortillas
2 cups shredded lettuce
Lime wedges

Orange Mint Salsa (optional)

1-1/2 tablespoons olive oil
2 tablespoons fresh lime juice
1 cup chopped red onion
1 jalapeno chile, seeded and chopped
1 large orange, peeled, pith removed and chopped into small cubes
1/4 cup fresh mint leaves, chopped fine (plus more, unchopped, for garnish)

Carnitas

Mix first nine ingredients together in a large slow cooker. Add lamb shanks. Cover and cook on low for 8 hours.

Orange Mint Salsa

Prepare the salsa about 20 minutes before serving time. Mix all ingredients together and let sit to allow the flavors to blend.

When the lamb is done (the meat will be falling off the bone), remove the shanks and shred the meat with two forks. Serve with tortillas, shredded lettuce and lime wedges and top with the salsa.

Blue Cheese Lamb Patties

1 pound ground lamb
1/4 cup finely chopped onion
2 tablespoons ketchup
1 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1/2 cup crumbled blue cheese, divided

In bowl, combine lamb, onion, ketchup, Worcestershire sauce and pepper. Shape into 8 thin patties. Place 1 tablespoon blue cheese on each of 4 patties. Cover with remaining 4 patties; seal edges. Place on broiler rack 3 to 4 inches from heat source. Broil 6 minutes; turn and broil 3 minutes, or until no longer pink inside. Top with remaining blue cheese.

Lamb Bread Pudding

1 pound of Lamb
1/4 cup of brown sugar
1/2 Tablespoon of cinnamon
1/2 teaspoon of nutmeg
1 teaspoon of allspice
1/4 teaspoon of ground clove
juice 1/2 lemon
juice 1/2 orange
splash of brandy
1/2 cup of lamb stock
1/2 cup of golden raisins
1 loaf sliced sourdough bread, stale
3 cups milk
1 cup of cream
6 eggs
3 yolks
lamb reduction
mint gelato

1. Brown meat and drain grease
2. Add spices, sugar, stock, and juice
3. Cook until liquid is almost all gone.
4. Soak raisins in brandy to plump and add to meat
5. Take off stove and cool slightly
6. Mix eggs, yolks, cream, and milk
7. Temper with meat mix
8. In a bread pan, alternate layers of bread and custard mix until all is used
9. Let bread soak up liquid for at least one hour, pressing down occasionally so all bread is coated
10. Bake at 350 for 30-45 minutes
11. Cut out portion and serve with lamb reduction and a scoop of mint gelato.

Gingersnap Crusted Lamb Loin Medallions with Brandied Fig Sauce

3 lamb loins, silver skin removed (about 1 pound each)
Kosher salt, to taste
Freshly ground black pepper, to taste
4 tablespoons honey
1 cup crushed gingersnaps
1 cup sliced dried figs
2 cups brandy
1-1/2 cups chicken stock, plus more as needed
1/2 teaspoon dry mustard

Preheat oven to 425°F. Season the lamb loins with the salt and freshly ground black pepper. Brush the loins with about half of the honey. Press on the gingersnap crumbs firmly. Place loins on rack in large roasting pan and roast for about 16 to 18 minutes, or until a meat thermometer reaches 160 to 170°F.

Meanwhile, while the lamb is roasting, place the figs and brandy in a small saucepan over medium-high heat. Add the stock, mustard and remaining honey. Simmer for about 15 to 17 minutes or until figs are softened. Cool slightly. Pour mixture into blender or food processor and puree sauce. If too thick, add more stock. Season to taste with kosher salt and freshly ground black pepper. Set aside.

Remove lamb from oven, transfer to cutting board and allow to rest for 5 minutes. Carve into medallions and spoon sauce over the tops. Serve immediately.

Springtime Lamb Loin Roast with Savory Apricot Glaze

1/2 cup apricot jam
1 tablespoon prepared ground horseradish
1 tablespoon prepared mustard
2-1/2 to 3 pounds lamb loin roast, rolled and tied
1 teaspoon olive oil
2 teaspoons chopped fresh rosemary
2 cloves garlic, finely chopped
1 teaspoon seasoned pepper

Preheat oven to 350°F.

In a small bowl, blend apricot jam, horseradish and mustard; set aside.

Using a roasting pan with rack, place lamb on rack. Brush with olive oil and rub with rosemary, garlic powder and seasoned pepper.

Roast lamb in oven for 1 hour to 1 hour and 30 minutes or to desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well-done. Cover and let stand for 10 minutes. Internal temperature will rise approximately 10 degrees.

During last 30 minutes of roasting, brush with apricot glaze several times.