

Braised Lâmb shanks with Spring vegetables



Preparation time: 20 minutes

Cooking time: 2 hours

Serves 4

- 8 frenched Lâmb shanks
- 2 tbsp olive oil
- 1 onion, thinly sliced
- 2 tsp cumin seeds
- 400g can chopped tomatoes
- 3/4 cup vegetable stock
- 2 tbsp honey
- 1/4 cup lemon juice
- 1 cup frozen or fresh broad beans (outer skins peeled)
- 175g baby green beans
- 1 yellow capsicum, chopped
- 1 bunch asparagus, cut into bite size pieces
- 400g pasta, cooked

1. Preheat oven to 160°C. Brush Lâmb shanks with oil. Preheat a pan until moderately hot and brown Lâmb well. Transfer to a large casserole dish.
2. Add oil to pan with onion and cumin. Cook for 1 minute. Add tomatoes, stock, honey and juice. Bring to boil then spoon mixture over Lâmb. Cover tightly.
3. Cook for 2 hours or until Lâmb is tender. Then cook the vegetables until just tender and serve with the shanks and pasta. Spoon on sauce.

Lâmb and lemon skewers



Preparation time: 15 minutes

Cooking time: 12 minutes

Serves 4

- 800g Lâmb rumps, cut into 2cm cubes
- 1/4 cup lemon juice
- 1 tbsp olive oil
- 2 tsp dried oregano
- 2 small red onions, cut into 6 wedges
- 2 small lemons, halved
- 4 pita breads
- 1/2 cup (120g) hummus
- 100g mixed salad leaves

1. Combine Lâmb, juice, oil and oregano. Cut the halved lemon into 1cm slices. Thread Lâmb onto skewers, alternating with lemon slices and onion.
 2. Preheat a large frying pan or barbecue until moderately hot. Cook skewers for 2-3 minutes on each side or until cooked to your liking.
 3. Remove the Lâmb from the heat, cover loosely with foil and rest for 3 minutes before serving. Serve with pita breads, hummus and salad leaves.
- Tip: You can also use Lâmb steaks (round or topside) for this recipe.

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LÂMB

A fragrance for Spring



We love our Lâmb

Chilli lime Lâmb cutlets with noodle salad



Preparation time: 15 minutes

Cooking time: 6 minutes

Serves 4

- 12 Lâmb cutlets
- 2 tbsp soy sauce
- 200g vermicelli noodles, soaked until tender
- 1/2 cup sweet chilli sauce
- 1/2 cup lime juice (about 3 limes)
- extra 2 tbsp soy sauce
- 2 tsp brown sugar
- 2 Lebanese cucumbers, peeled, halved, seeded and sliced
- 1/3 cup tightly packed coriander leaves

1. Combine Lâmb cutlets and soy. Soak noodles in boiling water for 5 minutes, then drain well. Snip noodles with scissors into smaller lengths.
2. Preheat a non-stick frying pan or barbecue until moderately hot. Cook the Lâmb for 2-3 minutes each side or until cooked to your liking. Turn once only. Cover loosely with foil and rest for 3 minutes before serving.
3. Combine chilli sauce and juice. Place half into 4 dipping bowls. Combine the remaining mixture with extra soy and sugar and toss together with noodles, cucumber and coriander. Serve cutlets on top of noodle salad with the dipping mixture on the side.

Minted Lâmb roast with ricotta and pea salad



Preparation time: 15 minutes

Cooking time: 1 hour 10 minutes

Serves 4-6

- 1 easy carve Lâmb leg
- 2 tbsp mint jelly
- 1/2 cup vegetable stock
- 100g sugar snap peas
- 2 baby cos lettuce, cut into bite size pieces
- 200g ricotta
- 1/3 cup snow pea sprouts
- 1/3 cup French style salad dressing
- 1/4 cup tightly packed mint leaves, chopped

1. Preheat oven to 220°C. Place Lâmb in roasting dish. Roast for 30 minutes. Remove from oven, coat with mint jelly and pour in the stock.
2. Cover dish tightly with foil. Reduce oven temperature to 170°C and cook for a further 40 minutes. Remove from oven and rest for 10-15 minutes.
3. Blanch sugar snap peas in boiling water, drain then refresh with cold water. Toss together with lettuce, ricotta and sprouts. Drizzle with dressing. Carve the Lâmb, pour over juices then sprinkle with mint. Serve with the salad.

Lâmb, spinach and avocado salad



Preparation time: 10 minutes

Cooking time: 6-8 minutes

Serves 4

- 600g Lâmb strips or Lâmb rump cut into strips
- 1 tbsp olive oil
- 100g baby spinach leaves
- 100g soft lettuce leaves
- 1 large avocado, cut into chunks
- 2 sticks celery, sliced
- 1/3 cup sun-dried tomato strips
- 170g packet garlic bagel chips, broken into bite size pieces
- 1/3 cup mayonnaise
- 2 tbsp lemon juice

1. Preheat a large frying pan until moderately hot. Coat Lâmb with the oil and cook in two batches. Remove from heat. Season with salt and pepper.
2. Toss together spinach, lettuce, avocado, celery and sun-dried tomato.
3. Top salad with the warm Lâmb and bagel chips. Drizzle with combined mayonnaise and lemon juice.

Tip: When cooking Lâmb strips cook the first side until the first sign of moisture appears on the uncooked side, then turn and cook the other side to complete the cooking.