

# Fresh Flavors of Lamb

Delicious recipes to liven up your meals



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FINE COOKING MAGAZINE FOR TRUE AUSSIE LAMB



## Introduction

**WHAT'S THE EASIEST WAY TO** liven up your cooking routine and infuse it with something new? Try adding Australian lamb to the menu. From broiled chops and juicy burgers to braised shoulder chops, lamb provides a wide variety of affordable cuts and just the right balance of rich, juicy flavor and melt-in-your-mouth texture to delight your family or dinner guests. And with this collection of recipes, you'll have lots of delicious options to choose from, including quick weeknight dinners, salad and sandwich ideas, and roasts perfect for a gathering.

You can also feel good about serving Australian lamb to your family. It's produced with great care for the

animals and the environment. The lambs graze on natural grasslands throughout their lives, so the meat is all natural and free of artificial additives. There also are no added hormones, and lamb is a source of lean protein. Australian ranchers pride themselves on being stewards of the land and are committed to protecting their natural resources for future generations. Australian lamb is chilled and aged to ensure premium eating quality.

So whether you're marinating loin chops for the grill or slowly braising shanks until the meat is fall-off-the-bone tender, you'll be happy you brought healthy, flavorful, and ethically raised Australian lamb to the table.

### Tips for cooking lamb

- Because Australian lamb is pasture-raised and leaner than grain-fed meat, it's recommended to cook it to an internal temperature of 130°F to 140°F for best results.
- Don't try to guess or cut into the meat to check to see if it's done—use a meat thermometer.
- Remove the lamb from the oven when it has reached an internal temperature 5°F to 10°F lower than your desired doneness (a few minutes early) to allow for carry-over cooking, which occurs during the five-minute rest before carving.
- Let the cooked lamb rest for five minutes to allow the juices to redistribute evenly, resulting in moister, more tender meat.

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## grilled lamb chops with watermelon-feta salad

*Fresh, juicy watermelon is the perfect counterpoint to sweet, smoky lamb. Add tangy cheese, salty olives, and fresh mint, and each bite explodes with flavor. Serve with grilled bread and call it a delicious day. Serves 2*

- ½ small red onion, very thinly sliced crosswise (about ½ cup)
- 2 tsp. dark brown sugar
- 1 tsp. smoked paprika
- Kosher salt
- 6 lamb rib chops (about 1 lb.)
- 12 oz. watermelon, rind removed, thinly sliced into narrow wedges, seeded if necessary
- 12 Kalamata olives, pitted and sliced lengthwise
- 3 oz. (½ cup) crumbled feta
- 6 fresh mint leaves, thinly sliced
- 1 Tbs. extra-virgin olive oil; more for serving
- 1 tsp. fresh lemon juice
- 1 oz. (1 cup) baby arugula

In a small bowl, soak the onion in cold water for at least 10 minutes. Drain.

Meanwhile, prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. (Or position a rack in the center of the oven and heat the broiler on high.) In a small bowl, combine the sugar, paprika, and 2 tsp. salt. Sprinkle over both sides of the chops.

Divide the watermelon between two dinner plates and sprinkle lightly with salt. Top with the onion, olives, feta, mint, and a little oil.

Drizzle a little oil over the chops, and then grill or broil them, flipping once, until done to your liking, 4 to 6 minutes total for medium rare (130°F).

In a medium bowl, toss the arugula with the 1 Tbs. oil and lemon juice. Season to taste with salt and pile it on the watermelon salad. Serve the chops with the salad.

—Joanne Smart

### Grilled bread “sticks”

**Thin slices of grilled bread round out this dish. To make them, slice ¼-inch-thick pieces from a baguette, lengthwise if the loaf is short, or on a sharp diagonal if long. Brush with olive oil, grill until grill marks appear, and season well with salt and pepper.**

## spice-rubbed lamb loin chops with pan sauce

An easy *Date-Pistachio Couscous* (recipe below) makes a perfect accompaniment to the lamb chops. **Serves 4**

- ½ tsp. ground coriander
- ¼ tsp. ground cinnamon
- ¼ tsp. smoked paprika
- Kosher salt and freshly ground black pepper
- 1 Tbs. vegetable oil
- 8 1-inch-thick lamb loin chops (about 2 lb.)
- 1 cup lower-salt beef broth
- 2 Tbs. red wine vinegar
- 1 Tbs. honey
- Small fresh mint leaves, for garnish

Combine coriander, cinnamon, paprika, 1 tsp. salt, and ½ tsp. pepper in a small bowl. Season chops on both sides with the spice mixture.

Heat the oil in a large skillet over medium-high heat until shimmering. Working in batches, sear the chops until brown, about 3 minutes

per side. Arrange the chops in the skillet, reduce the heat to medium low, and cook until the meat registers 125°F for medium rare, or 130°F to 135°F for medium, 8 to 10 minutes.

Transfer chops to a cutting board, tent with foil, and let stand for 5 minutes. Return the skillet to the stovetop over medium heat. Add the broth, vinegar, and honey and cook, stirring often, until slightly thickened, about 5 minutes. Season to taste with salt and pepper.

To serve, divide the chops among four plates and drizzle each with pan sauce. Garnish with the mint.

### To Make Date-Pistachio Couscous:

Prepare Israeli couscous according to package directions. Stir in ½ cup thinly sliced scallions, ½ cup chopped toasted, salted pistachios, ¼ cup finely chopped dates, ¼ cup lemon juice, 2 Tbs. finely chopped cilantro, 2 tsp. olive oil, and ½ tsp salt. e oil, ¼ cup lemon juice, and ½ tsp salt.

—Ronne Day, *Fine Cooking for True Aussie Beef and Lamb*



## green goddess lamb salad

Pair the classic creamy American herb dressing with Aussie lamb for an international salad.

Extra grilled or roasted corn works great, too. **Serves 4**

### FOR THE SPICE RUB

- ½ cup cumin seeds, toasted
- 2 Tbs. black peppercorns, toasted
- 2 Tbs. yellow mustard seeds, toasted
- 1 Tbs. caraway seeds, toasted
- 1 cup packed dark brown sugar
- ½ cup kosher salt
- 2 Tbs. granulated garlic
- 2 Tbs. curry powder
- 2 Tbs. granulated onion
- 1 Tbs. dried sage
- 1 Tbs. ground thyme
- 1 Tbs. granulated sugar

### FOR THE LAMB

- 1 lb. Australian lamb loin

### FOR THE SALAD

- 2 large heads romaine lettuce, chopped (12 cups)
- ½ cup prepared green goddess dressing
- 1 ripe avocado, sliced
- 4 hard-boiled eggs, diced
- 1½ cups diced tomatoes
- 1½ cups roasted corn kernels (see note at right)
- 1½ cups diced cucumber
- ½ cup feta, crumbled
- ¼ cup chopped fresh mint

### MAKE THE SPICE RUB

In a blender or food processor, combine the cumin, peppercorns, mustard seeds, and caraway seeds, and process to a medium-fine coarseness.

Combine the remaining ingredients in a separate bowl.

Break up any additional clumps and mix well with the toasted spices.

Store in an airtight container, in a cool, dry place, such as your cupboard.

### COOK THE LAMB

Heat the grill to 450°F.

Evenly coat the lamb with 2 Tbs. of the spice rub. Grill for 6 minutes, turning every 2 minutes, or until it reaches the desired doneness.

Allow the lamb to rest for 5 minutes before slicing it into thin strips. Reserve until ready to use.

### MAKE THE SALAD AND SERVE

In a large bowl, toss the romaine evenly with the green goddess dressing.

Divide the salad among 4 chilled plates.

Top each salad with one-quarter of the sliced avocado, one-quarter of the eggs, 6 Tbs. diced tomatoes, 6 Tbs. roasted

corn, 6 Tbs. diced cucumber, 2 Tbs. feta, and 1 Tbs. chopped mint.

Top each salad with the grilled lamb and serve immediately.

**Chef notes:** To roast corn, place kernels on a baking pan and bake in a 450°F oven for 12 minutes, or until golden. Reserve until ready to use.

—Chef Adam Moore,  
for True Aussie Beef and Lamb





## grilled lamb, tomato, and halloumi skewers with orzo salad

*A tangy, garlicky marinade made with lots of fresh oregano pairs perfectly with full-flavored lamb. Unlike most cheeses, which melt at high heat, halloumi holds up well to grilling, so it makes a great addition to a kebab. Serves 4*

### Kosher salt

- 10 oz. (1½ cups) dried orzo
- 1½ lb. boneless leg of lamb, cut into 1-inch pieces (about 48 pieces)
- 8 oz. halloumi, cut into 16 pieces
- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 3 Tbs. chopped fresh oregano
- 2 medium cloves garlic, minced
- ¼ tsp. crushed red pepper flakes
- Freshly ground black pepper
- 16 cherry tomatoes
- 4 whole scallions, thinly sliced (about ½ cup)
- ½ cup chopped fresh mint
- 2 Tbs. fresh lemon juice; more to taste

Bring a 3-quart saucepan of well-salted water to a boil. Boil the orzo according to package directions. Drain, rinse with cold water, and transfer to a medium bowl.

Prepare a medium (350°F to 375°F) gas or charcoal grill fire.

Put the lamb and halloumi in a large bowl. In a small container with a lid, combine the olive oil, vinegar, oregano, garlic, red pepper flakes, 1 tsp. salt, and ½ tsp. pepper. Cover tightly and shake vigorously. Toss the orzo with ⅓ cup of the mixture and pour the rest over the lamb and halloumi, tossing to coat.

Thread 6 pieces of lamb, 2 pieces of halloumi, and 2 tomatoes onto each of eight 12-inch metal skewers, alternating a tomato and a piece of cheese between every 2 pieces of lamb. Grill, turning once, until the halloumi is browned and the lamb is pink in the center (cut into a piece to check), 4 to 6 minutes total.

While the lamb is cooking, toss the scallions, mint, lemon juice, ½ tsp. salt, and ¼ tsp. pepper with the orzo. Season to taste with more salt, pepper, and lemon juice. Serve the skewers with the orzo.

—Adeena Sussman

## grilled boneless leg of lamb with black olive purée

*This herb-and-garlic-rubbed lamb is super easy to make yet full of flavor, especially when paired with a tangy olive spread and a squeeze of lemon. If you don't have a grill, you can roast the lamb in a 425°F oven for about 25 minutes. Serve with potatoes and green beans or a green salad topped with goat cheese. Serves 8*

- 1 cup pitted black olives, such as Kalamata**
- ½ cup extra-virgin olive oil**
- ½ cup finely chopped fresh herbs, such as a mix of parsley, rosemary, and thyme**
- 4 large cloves garlic, minced and mashed to a paste with a pinch of salt**
- 4 to 4½ lb. butterflied leg of lamb**
- Kosher salt and freshly ground black pepper**
- ½ large lemon, seeded**

Finely chop the olives until paste-like. Whisk in half of the olive oil and 1 Tbs. of the herbs. (Refrigerate if not using within a few hours; let come to room temperature before using.)

Combine the remaining herbs and oil with the garlic in a small bowl.

Rub the herb and garlic marinade all over the lamb and wrap it well in plastic wrap. If grilling right away, let sit at room temperature for 1 hour. If not, refrigerate for up to 24 hours.

When ready to grill, prepare a medium (350°F to 375°F) charcoal or gas grill fire. Season the lamb generously with salt and pepper.

Grill the lamb, flipping once, until the thickest part is 120°F for medium rare, 15 to 18 minutes.

Transfer the lamb to a cutting board, squeeze the lemon half over it, tent with foil, and let rest for 10 minutes. Thinly slice across the grain, drizzle any accumulated juice over it, and serve with the olive purée.

—Joanne Smart







## grilled aussie lamb chops with mint-pistachio pesto

*These Aussie chops have some zingy Asian flavor influences with the mustard, mint, and chili-garlic sauce. Serve them over steamed rice or with grilled red potatoes and asparagus. Serves 2*

### FOR THE LAMB

- 1 Australian lamb rack, each cut into individual chops
- 3 Tbs. mayonnaise
- 3 Tbs. honey
- 3 Tbs. finely chopped fresh mint
- 2 Tbs. Dijon mustard
- 2 Tbs. prepared chili-garlic sauce

### FOR THE PESTO

- 1 cup fresh mint leaves
- ¼ cup shelled, roasted pistachios
- 1 clove garlic
- ½ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper

### MARINATE THE LAMB

In a large bowl or zip-top bag, mix together the mayonnaise, honey, mint, mustard, and chili-garlic sauce. Add the chops and refrigerate for 24 hours.

### MAKE THE PESTO

In a food processor, combine the mint, pistachios, and garlic and pulse until coarsely chopped. Add the oil with the motor running and process until fully incorporated and smooth. Season with salt and pepper to taste. Set aside.

### COOK THE LAMB

Heat a grill to medium-high heat (400°F to 475°F). Remove the chops from the marinade and grill them to the desired doneness, about 4 minutes each side for medium. Remove them from the heat and let them rest for 5 minutes before serving with the pesto.

—Chef Thomas Horner  
for True Aussie Beef and Lamb

## tagliatelle with quick lamb sugo

*A sugo is a rich Italian sauce that usually cooks for hours. This speedier version includes red wine, tomato paste, and tomato juice to create deep flavors more quickly. One bite and you'll think the sauce simmered on the stove all day.*

**Serves 4 to 6**

- Kosher salt**
- 2 Tbs. extra-virgin olive oil**
- 1 small fennel bulb, trimmed, cored, and cut into small dice (about 1½ cups), plus 1 to 2 Tbs. chopped fennel fronds**
- 1 small onion, cut into small dice**
- 1 lb. ground lamb**
- Freshly ground black pepper**
- ¼ cup tomato paste**
- ¾ cup dry red wine**
- ¾ cup tomato juice**
- 1 Tbs. chopped fresh oregano**
- 1 lb. fresh tagliatelle or fettuccine**
- Freshly grated pecorino romano for serving**

Bring a large pot of well-salted water to a boil over high heat.

Meanwhile, heat the olive oil in a 12-inch skillet over medium-high heat. Add the fennel, onion, and ½ tsp. salt. Cook, stirring frequently with a wooden spatula, until softened and just starting to brown, about 4 minutes.

Add the lamb, ½ tsp. pepper, and another ½ tsp. salt and cook, stirring to break up the meat, until lightly browned and cooked through, about 4 minutes.

Move the mixture to the side of the pan and carefully tilt the pan to pool any fat on the empty side. If necessary, spoon off all but about 2 Tbs.

Add the tomato paste and mash it on the bottom of the skillet to brown it slightly, about 1 minute, before stirring it into the meat. Add the wine and cook, stirring and scraping the bottom of the skillet to loosen any browned bits, until most of the liquid has evaporated, about 2 minutes.

Add the tomato juice and continue to cook, stirring occasionally, until the sauce thickens and clings to the meat, about 2 minutes. Season to taste with salt and pepper. Add the fennel fronds and oregano, cook for 1 minute longer, and remove from the heat.

Cook the tagliatelle in the boiling water until just al dente, 3 to 4 minutes. Reserve ¾ cup of the water and then drain the pasta.

Return the skillet to medium-low heat, add the drained pasta to the sauce, and stir to blend. Loosen with a little of the pasta cooking water if necessary and serve topped with grated cheese.

—Dabney Gough



## southwestern lamb shanks

*Cranberries and chipotle chiles in adobo sauce impart a tangy-sweet and smoky flavor to these succulent braised lamb shanks. Like most braised meats, the shanks improve with reheating. Serves 4*

- 1 Tbs. canola oil
- 4 lamb shanks, 14 to 16 oz. each, blotted dry
- Kosher salt and freshly ground black pepper
- 1 cup finely chopped yellow onion
- 2 medium cloves garlic, minced
- ¾ cup full-bodied red wine, such as Cabernet Sauvignon or Merlot
- 8 oz. (2 cups) fresh or frozen cranberries
- 1 cup lower-salt beef broth
- ½ cup honey
- 3 Tbs. minced canned chipotles in adobo
- 2 tsp. ground cumin
- ¼ cup chopped fresh cilantro, plus 1 Tbs. for garnish

Position a rack in the center of the oven and heat the oven to 325°F.

Heat a 12-inch cast-iron skillet over medium-high heat until very hot, about 2 minutes. Add the oil, swirling the pan to coat the bottom; then add the lamb shanks and cook, turning occasionally with tongs, until browned on all sides, 10 to 12 minutes. Remove the skillet from the heat and transfer the shanks to a plate. Season generously with salt and pepper.

Cook the onion in the skillet over medium heat, stirring with a wooden spoon until softened, 2 to 3 minutes. Add the garlic and cook, stirring, for 30 seconds. Stir in the wine, scraping up any browned bits from the bottom of the

skillet, and bring the mixture to a boil.

Stir in the cranberries, broth, honey, chipotles, and cumin and cook until the cranberries begin to pop, about 5 minutes. Arrange the shanks in the skillet, cover tightly with an ovenproof domed lid or heavy-duty aluminum foil, and put the skillet on a rimmed baking sheet (to make it easier to transfer without spilling). Transfer to the oven and cook, turning the lamb shanks 2 or 3 times during cooking, until they are fork-tender, 2 to 2½ hours.

Transfer the shanks to a medium bowl and cover to keep warm. Skim any fat from the sauce in the skillet and boil over high heat until the liquid lightly coats the back of a spoon, about 8 minutes. (You can make the shanks to this point up to 3 days ahead. Transfer to a container to cool—storing them in the skillet can give them a metallic flavor and can degrade the pan's seasoning. Cover and refrigerate. When ready to serve, slowly reheat, covered, in the cast-iron skillet in the oven.) Stir in the ¼ cup cilantro and season to taste with salt and pepper. Return the shanks to the skillet, briefly turning them in the sauce, and serve sprinkled with the remaining 1 Tbs. cilantro.

—Joanna Pruess



### BRAISING

The secret to braising—low and slow cooking in a little liquid—is to maintain a gentle, even simmer. A cast-iron skillet keeps the temperature steady even when the heat is low, and its size works well for smaller cuts of meat, such as short ribs and the lamb shanks here.

## roasted leg of lamb with sriracha and mint sour cream

Chef Roy Villacrusis likes to use Asian flavors in his cooking, and here, he incorporates Sriracha sauce and kimchi flavors with fresh mint and herbs. The zingy sauce brightens up roasted Aussie leg of lamb and potatoes. **Serves 4**

### FOR THE LAMB

- 6 lb. Australian bone-in lamb leg, trimmed
- 3 Tbs. olive oil; more for the potatoes
- Kosher salt and freshly ground black pepper
- 6 cloves garlic, finely chopped
- 3 sprigs fresh rosemary, finely chopped
- 8 small fingerling potatoes
- 8 small purple potatoes
- 8 small red potatoes
- 3 sprigs fresh thyme, finely chopped
- ½ cup finely chopped fresh cilantro

### FOR THE GARNISH

- 2 cups sour cream
- 2 Tbs. Sriracha
- 1 Tbs. kimchi liquid
- Fresh mint leaves, as needed

### COOK THE LAMB

Take the leg of lamb out of the refrigerator about 1 hour before cooking so it comes to room temperature for faster, more even cooking.

Heat the broiler. Position a rack below so that the top of the meat is a few inches from the broiler element.

Set the lamb in a rack inside a roasting pan. Rub the meat all over with the olive oil. Season with salt and pepper.

Broil the lamb for 5 minutes. Flip the lamb over and put it back under the broiler for 5 minutes or until the other side is seared.

Take the lamb out of the oven. Turn off the broiler and set the oven temperature to 325°F. Reposition the oven rack to the middle of the oven.

Flip the lamb leg over again and rub the top with the garlic and rosemary. Tent the pan loosely with foil to keep the garlic and



rosemary from burning.

Toss the potatoes in some olive oil and season with salt and pepper. Sprinkle the potatoes with the thyme and cilantro. Add them to the pan with the lamb, underneath the rack. Put the lamb back in the oven and roast for 1 hour.

Remove the foil and insert an instant-read thermometer into the thickest part of the lamb. The lamb is ready (medium rare to medium) when the internal temperature is 135°F (or above). Let the meat rest for 10 to 15 minutes before slicing.

Remove the potatoes when they are tender and cut them each in half.

### MAKE THE SAUCE AND SERVE

In a small bowl, mix the sour cream with the sriracha, kimchi liquid, and mint.

Season the sour cream with salt and pepper and refrigerate if making ahead.

Spread some of the sour cream on each of four plates. Layer the sliced lamb on top with the halved potatoes alongside, and garnish with additional fresh mint.

**Chef notes:** At 135°F, the lamb is cooked to rare, but it will continue cooking as it rests. If needed, continue cooking the lamb (uncovered) until it reaches your preferred internal temperature. Check the temperature every 20 minutes until done.

For the kimchi liquid: Drain the liquid from a container of kimchi and reserve until ready to use.

—Chef Roy Villacrusis,  
for True Aussie Beef and Lamb



## rack of lamb with pomegranate-apricot glaze

Serve the lamb with Whipped Cream Cheese Quinoa (recipe below), which can be made while the meat roasts. **Serves 4**

### FOR THE GLAZE

- ½ cup pomegranate molasses
- 3 oz. dried apricots, finely chopped
- 2 tsp. grated lemon zest
- 1 Tbs. honey
- ⅛ tsp. ground coriander
- ⅛ tsp. ground cardamom
- Kosher salt

### FOR THE RACK OF LAMB

- 1 rack of Australian lamb (1½ to 1¾ lb. with 8 chops), trimmed or frenched
- 1 Tbs. olive oil
- 1 tsp. Aleppo pepper
- ½ tsp. minced fresh rosemary
- Kosher salt
- 2 Tbs. lemon juice

### MAKE THE GLAZE

Combine all ingredients with a pinch of salt and ¼ cup water in a 2-quart saucepan. Bring to a boil over medium heat. Reduce heat and simmer for 15 minutes, stirring occasionally, until thickened. Remove from the heat.

### MAKE THE LAMB

Position a rack in the center of the oven and heat the oven to 400°F. Line a rimmed baking sheet with foil. If necessary, trim the lamb so only a thin layer of fat remains. Rub the lamb all over with the olive oil. Mix the pepper, rosemary, and ¾ tsp. salt in a small bowl and rub into the lamb. Put the lamb, fat side up, on the prepared pan. Roast for 15 to 18 minutes, until the meat registers 125°F for medium rare or 130°F to 135°F for medium. Remove the lamb from the oven, drizzle with the lemon juice, tent with foil, and let stand for 5 minutes.

To serve, cut between the bones to carve into chops. Thin the glaze with a few tablespoons warm water, if necessary. Spoon some glaze over the chops and serve the remaining on the side.

**To Make Whipped Cream Cheese Quinoa:** Cook 1 cup quinoa according to package directions. In a medium bowl, combine ¼ cup room temperature whipped cream cheese, 1 minced clove garlic, ¼ tsp. minced fresh rosemary, ¼ tsp. Aleppo pepper, and ¼ tsp. salt. Fold in the quinoa and serve.

—Diana Andrews, *Fine Cooking for True Aussie Beef and Lamb*

## lamb t-bones with beer and bean ragoût

*Chef Thomas Horner designed this recipe to make a quick and simple dinner while drinking a beer. Leafy greens, sweet peppers, and white beans turn into a hearty ragoût to accompany the herbed chops. Serves 4*

- 12 Australian lamb T-bone chops**
- 1 bunch fresh oregano leaves, chopped**
- 1 bunch fresh parsley leaves, chopped**
- 1 bunch fresh basil leaves, chopped**
- 3 cloves garlic, sliced**
- 3 Tbs. olive oil**
- 10 sweet peppers or bell peppers, chopped**
- 3 to 4 cups kale or mustard greens**
- ½ cup apple cider vinegar**
- ½ cup your favorite beer (less hoppy is best)**
- 2 15-oz. cans white beans, drained**
- 3 Tbs. honey**
- Kosher salt and freshly ground pepper**

In a shallow baking pan, rub the chops with the oregano, parsley, basil, and garlic. Let them marinate for 30 minutes.

In a large pot, warm the oil over low heat and sweat the garlic (let it cook without browning).

Add the peppers and increase the heat to medium to caramelize them.

Add the greens and wilt them, stirring to cook them evenly.

Add the cider vinegar and simmer until the pot is dry. Add the beans and beer and simmer until the pot is almost dry. Add the honey and season with salt and pepper.

Heat a gas or charcoal grill over high heat (500°F to 600°F).

Cook the chops for 3 to 4 minutes on each side for medium rare, or until desired doneness is achieved.

Serve the beer and bean ragoût on the side.

—*Chef Thomas Horner,*  
for True Aussie Beef and Lamb



## roadside breakfast lamb sausage sandwich

*It's incredibly easy to make your own lamb sausage, with a touch of sweetness from maple syrup. Then your breakfast to go is ready in minutes. Serves 4*

### FOR THE SAUSAGE

- 1 lb. Australian ground lamb
- 1 Tbs. maple syrup
- ½ Tbs. chopped fresh sage
- ½ tsp. chopped fresh rosemary
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ½ tsp. minced garlic
- 1½ Tbs. vegetable oil

### FOR THE SANDWICHES

- 2 Tbs. mayonnaise
- 4 jumbo English muffins, toasted
- 4 eggs, scrambled
- 4 slices American cheese

### MAKE THE SAUSAGE

In a large bowl, combine the ground lamb, maple syrup, sage, rosemary, salt, pepper and garlic. Mix well, divide into 4 equal portions, and form into flat patties.

### COOK THE SAUSAGE

In a large nonstick sauté pan or griddle over medium-high heat, add the oil and cook the lamb patties for 5 minutes, turning once, or until cooked through.

### MAKE THE SANDWICHES

Spread ½ Tbs. of mayonnaise on the inside of each English muffin.

Divide the scrambled eggs equally among the English muffins. Top each with 1 lamb sausage patty and 1 slice of cheese. Serve immediately.

**Chef notes:** Quickly dip your cheese in hot water before placing it on your sandwich for that instant restaurant-quality melted-cheese look.

—*Chef Adam Moore*  
for True Aussie Beef and Lamb

