



# COOKING LAMB IS SIMPLE

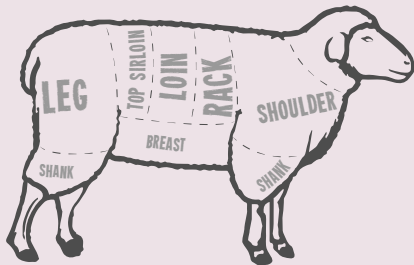
For more recipe ideas and to try out our handy interactive Cooking with Lamb tool:



[www.trueaussiebeefandlamb.com/simply-spring](http://www.trueaussiebeefandlamb.com/simply-spring)

#SimplySpring  
#AskforAustralian

## Tips, Tricks and Flavor Pairings



THE CUT	<ul style="list-style-type: none"><li>• top sirloin</li><li>• rump</li><li>• leg</li><li>• hind shank</li></ul>	<ul style="list-style-type: none"><li>• T-bone</li><li>• chop</li><li>• rack</li></ul>	<ul style="list-style-type: none"><li>• shoulder</li><li>• fore shank</li></ul>
COOK IT	<ul style="list-style-type: none"><li>• low and slow</li><li>• braise</li><li>• roast</li></ul>	<ul style="list-style-type: none"><li>• quick and high heat</li><li>• sauté</li><li>• grill</li></ul>	<ul style="list-style-type: none"><li>• low and slow</li><li>• braise</li><li>• roast</li></ul>

### Tips!

- **Remember:** Low and slow for larger roast cuts, quick and high heat for smaller steak cuts.
- Bring meat up to room temperature before cooking.
- Australian lamb is pasture-raised, so stick to medium-rare for best results.
- Allow lamb steaks, chops and roasts to **rest 5-10 minutes before cutting** – it keeps them nice and juicy.

### Global Flavor Pairings

CUISINE	RUB Low and slow cooking or to finish a dish.	MARINADE Overnight and right before/after cooking as a sauce or baste.
Latin	Chile, cumin, garlic, cinnamon, oregano	Add lime and neutral flavored oil (such as grapeseed or canola oil)
Mediterranean	Garlic, mint, oregano, rosemary, thyme, basil, chili flake	Add blended olive oil
Asian	Sugar, sesame, ginger, garlic, chive, miso	Add soy sauce, lime and blended sesame oil
How to measure	8:3:1:1 (sugar:salt:primary inclusion: secondary inclusion)	Overnight: 3:1 (oil to acid*) + salt/inclusions Before/after: 3:2 (oil to acid) + double salt/inclusions

## Simple Swaps to Liven up Dinner



### Quick Fact:

Aussie Lamb is delicious, tender and mild in flavor (that's because it is pasture-raised on beautiful natural grasslands).



### Aussie Lamb Bowl-ito

A burrito without the wrap and quick to cook – what's not to love?!

Get the recipe & watch the video here.



### EASY LAMB FETTUCCHINE ALFREDO

Upgrade a familiar fave like creamy fettuccine alfredo with 1 simple swap: Australian lamb

### Step 1

#### Get the ingredients



1 lb cooked, shredded Australian lamb shoulder



16 oz. jar of Alfredo Sauce



1 lb dried fettuccine noodles



10 fresh basil leaves, roughly chopped

### Step 2

Get the full recipe here.

[www.simplyspringtable.com](http://www.simplyspringtable.com)

### Step 3

#### Simply Spring it



Make the recipe in a jif

let's take "friends" out and say:  
Impress your family with a  
**#aussome**  
new dish!

## Easy Peasy Lamb Recipes

3 dinner ideas from 1 dish:

### Weeknight Aussie Lamb Gyros



#### Ingredients

Australian leg of lamb, trimmed and cut into steaks  
all-purpose greek seasoning  
jar of pre-made tzatziki sauce  
English cucumber  
pita bread

For the full recipe, [click here.](#)

Dinner Idea  
1

#### Gyro sandwich

Replace pita with bread of choice and pile high with:

Slice Aussie lamb  
Lettuce  
Tomato slices  
Red onion  
Tzatziki sauce

#### Mediterranean Lamb Steaks

Slice lamb into steaks and serve with:  
a dollop of the tzatziki sauce  
fresh roasted spring vegetables  
a squeeze of lemon

Dinner Idea  
2



Dinner Idea  
3

#### Mediterranean Salad

Place sliced lamb a top:  
tomato  
cucumber  
crunchy lettuce greens  
red onion



## One Pan Meals to Celebrate Spring

### MIDDLE EASTERN STYLE ROAST AUSSIE LAMB



#### Ingredients

• 3-4 pounds Australian lamb leg  
• 1/2 tsp black pepper  
• 3 tsp salt  
• 2 bunches of carrots, washed & trimmed  
• 2 tsp olive oil  
• 3 Tbsp tahini  
• 2 tsp cumin  
• 1 Tbsp honey  
• 1 tsp nutmeg

• 1 tsp sweet paprika  
• 1/2 tsp black pepper  
• 3 tsp salt  
• 2 bunches of carrots, washed & trimmed  
• 2 tsp olive oil  
• 3 Tbsp tahini  
• 2 tsp cumin  
• 1 Tbsp honey  
• Salt and pepper, to taste

#### Method

Preheat oven to 400°F. Rub spice & oil mixture on lamb. Pierce lamb with small knife, stuff with garlic cloves & rosemary sprigs.

Bake for 30 mins. Remove, reduce heat to 325°F. Wrap in baking paper then foil. Cook for 2 hours until very tender. Mix carrots with spices & oil. Add to lamb pan for last 20 minutes of cook time. Rest lamb for 10 minutes. Then carve & serve with 1 C. yogurt mixed with juice from half a lemon.