



Lamb-a-licious!

Spring Recipes featuring
Australian lamb

#AskforAustralian



**TRUE
AUSSIE
LAMB**



Spring is the season for fresh starts, breaking out of winter ruts and trying new things.

Aussie lamb is just the ticket to give new life to tried and true favorites or to have a go with some global flavors you've been wanting to try. And for spring holidays from Easter to Mother's Day, there's no better meat than lamb to celebrate the day with something special.

  @aussiebeeflamb

Lamb-a-licious Recipes

SIMPLE SWAPS TO LIVEN UP FAMILY FAVORITES



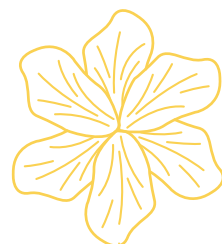
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LAMB AROUND THE WORLD



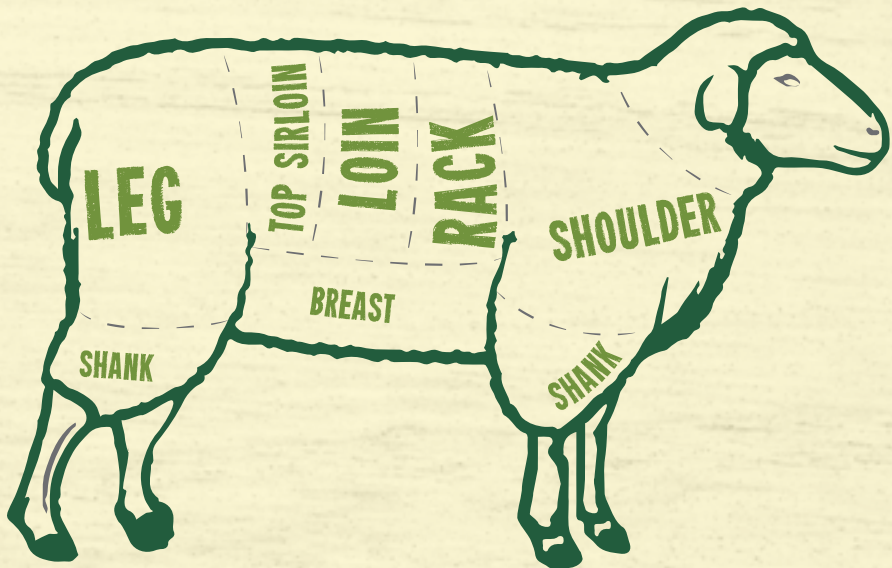
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CELEBRATE SPRING HOLIDAYS WITH AUSTRALIAN LAMB



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Tips & Tricks



THE CUT	<ul style="list-style-type: none">• Top sirloin• Rump• Leg• Hind shank	<ul style="list-style-type: none">• T-bone• Chop• Rack	<ul style="list-style-type: none">• Shoulder• Fore Shank
COOK IT	<ul style="list-style-type: none">• Low and slow• Braise• Roast	<ul style="list-style-type: none">• Quick and high heat• Sauté• Grill	<ul style="list-style-type: none">• Low and slow• Braise• Roast

TIPS

- 1

Remember: Low & slow for larger roast cuts, quick and high heat for smaller steak cuts.
- 2

Bring meat up to room temperature before cooking.
- 3

Australian lamb is pasture-raised, so stick to medium-rare for best results.
- 4

Allow lamb steaks, chops and roasts to **rest 5-10 minutes before cutting** — it keeps them nice and juicy.



Simple Swaps

to Liven Up Family Favorites

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Your tried-and-true recipe repertoire makes meals a breeze but how do you make them that extra bit special? Simple swaps with Australian lamb provide an instant upgrade and refreshing twist.

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Aussie lamb miso ramen noodles

Slurp! It's hard to beat a savory ramen on a brisk spring day. It's really just a quick stir-fry of Aussie lamb and veggies, dropped into a miso broth. And way better than those pre-made ramen packs.

 FIND where to buy Australian lamb near you

 Watch for tips on cooking lamb strips

Recipe By:
True Aussie Lamb



Serves
4



Cook time
15min



Preparation time
5min

Ingredients

- 1 ½-lbs. Australian lamb leg steaks, trimmed
- 2 Cs water
- 2 Tbsps miso paste
- 1 tsp sunflower oil
- ½ C green beans, cut into ½ inch lengths
- 1 carrot, peeled and cut into batons
- 1 C thickly sliced cremini mushrooms
- 2 packages ramen noodles (*discard seasoning packet*)

Method

Brush Aussie lamb steaks with half the miso paste, preheat a lightly oiled chargrill pan or BBQ and chargrill Aussie lamb for 3-4 minutes per side or until cooked to your liking. Rest for 5 minutes and slice. Heat oil in a wok and stir-fry beans, carrot and mushrooms until lightly colored.

Add miso and 2 Cs water, noodles and soy and cook for 4-5 minutes until noodles are just heated through.

To serve: Divide noodles, vegetables and soup between serving bowls. Top noodles with sliced Aussie lamb, spring onions and chili, if desired.

[Click Here for more diet-friendly variations](#)

CHEF TIPS

You can cut down a whole leg to create leg steaks and still have leftovers for another family meal or two.

To learn how, click to give our interactive cooking tool a try!

Recipe By:
Chef Adam Moore



Serves
4



Cook time
12min



Preparation time
5min

Ingredients

- 1-lb. Australian lamb, cooked, shredded
- 1-lb. dried fettuccine noodles

Alfredo sauce:

- 1-qt. heavy cream
- 1 Tbsp minced garlic
- $\frac{3}{4}$ C cream cheese
- 2 Cs shredded Parmesan cheese
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper

Garnish:

- 10 roughly chopped fresh basil leaves

Method

For the noodles: Cook the fettuccine according to the package directions. Drain and set aside.

For the alfredo sauce: In a large saucepan over MEDIUM heat, combine the cream and garlic and bring them to a simmer. Add the cream cheese, Parmesan, salt and pepper. Whisk well until the cheese is melted and fully incorporated.

To serve: Toss the cooked pasta with the alfredo sauce and shredded lamb. Divide the portions between plates or bowls and top with the chopped basil. Serve immediately.

CHEF TIPS

**Click here to learn how
to thaw and reheat lamb for delicious results.**

Easy Australian lamb fettuccine

Dinner couldn't be easier when you have leftover cooked Aussie lamb on hand. Simply boil some noodles and make a quick creamy Alfredo sauce.



FIND where to
buy Australian
lamb near you



Australian lamb and feta meatballs

Ground Aussie lamb is a natural complement to Greek ingredients like olives and feta cheese. Made into meatballs and bathed in an herbed tomato sauce, they're perfect over pasta or rice, or nestled into warm pita bread.

 FIND where to
buy Australian
lamb near you

 Watch Recipe
Video

Recipe By:
Chef Sam Jackson


Serves
4


Cook time
40min


Preparation time
35min

Ingredients

For the meatballs:

- 2-lbs. Australian ground lamb
- 3 large eggs
- 1 ½ Cs dried breadcrumbs
- ¾ Feta cheese, crumbled
- ½ tsp garlic
- 2 cloves garlic, minced
- 2 Tbsps fresh parsley leaves, chopped
- 2 Tbsps fresh mint leaves, chopped
- 1 lemon, zested
- Salt and pepper to taste
- Olive oil as needed

For the tomato sauce:

- 2 Tbsps olive oil
- 2 shallots, finely sliced
- 4 cloves of garlic, crushed
- 2-lbs. canned tomatoes, chopped
- 1 Tbsp fresh thyme leaves, chopped
- ¼ C green olives, pitted
- ¼ C black olives, pitted
- ½ tsp, superfine sugar

For the garnish:

- Fresh parsley leaves, chopped, as needed
- Lemon wedges as needed

Method

For the meatballs: In a large bowl, combine all the meatball ingredients until mixed thoroughly. Set the mixture aside for 30 minutes in the refrigerator. Roll the meat mixture into 1½-inch balls, using hands dipped in warm water to avoid sticking. Heat olive oil in a large, heavy-bottomed saucepan over medium-high heat. Sear the meatballs in batches until browned on all sides. Place them on a baking sheet and set aside.

For the sauce: Heat the oil in a heavy-bottomed pot over medium heat and sauté the shallots and garlic for 5 minutes, or until the shallots are translucent. Add the canned tomatoes and thyme and reduce the heat to low. Simmer for 30 minutes, or until the sauce comes to a boil, stirring constantly to avoid it sticking and burning on the bottom. Add the olives and then season with salt and pepper and add the sugar. If the sauce is too acidic, add a little more sugar. Serve immediately or cool and refrigerate the sauce until needed.

To cook: Preheat the oven to 350°F. Bake the meatballs on the baking sheet for 6 to 8 minutes, or until cooked through.

Serve with warm sauce. Garnish with parsley and lemon.

Recipe By:
Chef Michelle Lainez



Serves
6



Cook time
10min



Preparation time
20min

Ingredients

For the harissa lamb burgers:

- 1 ½-lbs. Australian lamb, ground
- 2 Tbsps Harissa paste
- 1 Shallot, finely chopped
- To taste salt
- To taste pepper
- 4 Brioche buns

For the roasted tomato aioli:

- 1 Large Roma tomato, charred on grill
- 2 garlic cloves, charred
- on grill
- ½ C mayonnaise
- To taste salt
- To taste pepper

For garnish:

- Crumbled Feta cheese
- Arugula or your favorite green
- Sliced Tomato
- Red onion, Sliced thin
- Cucumbers, Sliced thin

Method

For the noodles: Cook the fettuccine according to the package directions. Drain and set aside.

For the alfredo sauce: In a large saucepan over MEDIUM heat, combine the cream and garlic and bring them to a simmer. Add the cream cheese, Parmesan, salt and pepper. Whisk well until the cheese is melted and fully incorporated.

To serve: Toss the cooked pasta with the alfredo sauce and shredded lamb. Divide the portions between plates or bowls and top with the chopped basil. Serve immediately.

Grilled harissa Aussie lamb burger

Swapping in Aussie lamb and a bit of heat from North African harissa is just the thing to make burger night at home a hit.



FIND where to
buy Australian
lamb near you



Aussie ground lamb cilantro mojo tacos

Sweet-spicy mojo is easy to prepare and dynamite on Aussie lamb. Tucking it into a taco is the quickest way to the table!

 FIND where to
buy Australian
lamb near you

Recipe By:
Chef Claudette Zepeda


Serves
4


Cook time
10min


Preparation time
10min

Ingredients

- 1-lb. Australian lamb, ground
 - ½ C orange juice
 - 3 bunches cilantro, finely minced with 8 stems saved
 - 8 tortillas
 - 1 red onion, julienned
 - 1 avocado, sliced
- For the mojo:**
- ½ C garlic, minced finely
 - ¾ C oil
 - ½ C pineapple juice
 - 2 Tbsps cumin
 - 2 Tbsps chipotle powder
 - Salt and pepper to taste
- For taco assembly:**

Method

Place large skillet on medium to high heat. Add lamb to pan with a Tbsp of salt and pepper. Use a wooden spoon to break up meat.

Once the meat is caramelized and evenly browned pour in mojo, stir to make sure it evenly coats all the meat.

Season to taste and remove from heat to assemble taco with avocado and red onion as a garnish.

Recipe By:
Chef Adam Moore



Serves
4



Cook time
15min



Preparation time
5min

Ingredients

- 2 Australian lamb loins, thinly sliced (¼ inch)
- 2 Tbsps vegetable oil
- 2 Tbsps Parmesan cheese, grated
- 1 Tbsp Italian seasoning or all-purpose lamb seasoning ([click here for the recipe](#))
- ½ tsp salt
- 1 Tbsp Dijon mustard
- 1 Tbsp each dried or 3 Tbsps fresh Italian parsley, rosemary and thyme, chopped
- 1 clove garlic
- 1 Tbsp fennel seeds
- 1 tsp crushed red pepper flakes

For the pizza:

- Four (8-10-inch) pitas or naan flatbreads
- ½ C store-bought pizza sauce, divided
- 2 Cs shredded mozzarella cheese, divided

Method

Preheat the oven to 450°F. In a large bowl, mix the lamb topping ingredients until well combined. Line a baking sheet with parchment paper. Place the flatbreads on the baking sheet and evenly spread

2 Tbsps of sauce on each. Sprinkle ½ C of mozzarella on each pizza. Spread the seasoned lamb loin topping across the pizzas. Bake the pizzas for 15 minutes. When the cheese is bubbling and just starting to turn golden, remove the pizzas and place them on a cutting board. Allow to cool for 3 or 4 minutes before slicing. Slice and serve immediately.

Italian herb-crusted Australian lamb leg pizza

Dried spices and fresh herbs combine to make a flavor-packed mixture for this sliced lamb loin-topped pizza. Sprinkle with more fresh herbs, chili flakes, Parmesan cheese and/or your favorite hot sauce after baking, for an extra kick of flavor.





Easy Peasy

Lamb Recipes

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The fresh flavors of spring are a great match with mild, lean Australian lamb when looking for simple, delicious and nutritious meals to get through a busy week.

.....

Weeknight Aussie lamb gyros with tzatziki sauce

Be a hero and make gyros for dinner! In 20 minutes, you can have these wraps ready to eat.

Recipe By:
Chef Adam Moore


Serves
4


Cook time
20min


Preparation time
5min

Ingredients

For the lamb:

- 1-lb. Australian lamb leg, trimmed and cut into steaks
- 2 Tbsps dried Italian herb blend (or All-Purpose Greek Seasoning)
- 1 to 2 Tbsps kosher salt
- 1 small sweet onion, slivered
- 2 Tbsps vegetable oil

For the Tzatziki sauce:

- 1 C of Plain Greek yogurt, drained
- 1 English cucumber, seeded, grated and drained
- 2 cloves of garlic
- 1 tsp lemon zest
- 1 Tbsp lemon juice
- 2 Tbsps Fresh dill, chopped
- Kosher salt, to taste
- Fresh cracked pepper, to taste
- 4 pieces pita bread

Garnish:

- Thinly sliced English cucumber, as desired

Method

For the lamb: Preheat a large skillet over MEDIUM-HIGH heat. In a large bowl, combine the lamb, herb blend, salt, onion, and oil. Toss to coat. Place the meat and onion in the skillet and cook until the meat is browned on both sides and the onions are translucent, 8 to 10 minutes. Allow the meat to rest out of the pan for 5 minutes, then slice it into thin strips and toss it with the sautéed onion.

For the Tzatziki sauce: In a medium bowl, combine the yogurt, cucumber, garlic, lemon zest, lemon juice, dill, salt, and pepper. Mix well and set aside. Cover and refrigerate if making ahead.

To serve: Place one quarter of the meat inside each pita pocket, top with sliced cucumber, and garnish with tzatziki sauce.

[Click Here for more diet-friendly variations.](#)



FIND where to
buy Australian
lamb near you

Easy Peasy Lamb Recipes



1. Gyro sandwich

Replace pita with bread of choice and pile high with:

- Slice Aussie lamb
- Lettuce
- Tomato slices
- Red onion
- Tzatziki sauce

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

See full recipe on page 23

2. Mediterranean Lamb Steaks

Slice lamb into steaks and serve with:

- A dollop of the tzatziki sauce
- Fresh roasted spring vegetables
- A squeeze of lemon



3. Mediterranean Salad

Place sliced lamb a top:

- Tomato
- Cucumber
- Crunchy lettuce greens
- Red onion



Spring-inspired Flavor Pairings

CUISINE	RUB	MARINADE	SEASONING
American BBQ	Brown sugar, paprika, garlic, onion, pepper, chile, salt	Add neutral flavored oil (such as grapeseed or canola oil)	Brown sugar, paprika, garlic, onion, pepper, chile, salt
Middle East	Cumin, coriander, cardamom, caraway, mustard seed, garlic, curry, sage, thyme, brown sugar, salt	Add lemon and blended olive oil	Cumin, coriander, cardamom, caraway, mustard seed, garlic, curry, sage, thyme, brown sugar, salt
Latin	Chile, cumin, garlic, cinnamon, oregano	Add lime and neutral flavored oil	Chile, cumin, garlic, cinnamon, oregano
Mediterranean	Garlic, mint, oregano, rosemary, thyme, basil, chili flake	Add blended olive oil	Garlic, mint, oregano, rosemary, thyme, basil, chili flake
Asian	Sugar, sesame, ginger, garlic, chive, miso	Add soy sauce, lime and blended sesame oil	Sugar, sesame, ginger, garlic, chive, miso
HOW TO MEASURE			
Ratio	8:3:1:1 sugar:salt:primary inclusion: secondary inclusion	Overnight: 3:1 (oil to acid*) + salt/inclusions Quick: 3:2 (oil to acid) + double salt/inclusions	7:2:1 salt: pepper: other dried spices/ inclusions
Best to Use	Low and slow cooking or to finish a dish	Overnight and right before/after cooking as a sauce or baste.	Use before or after cooking
Sample Mix	8 Tablespoons brown sugar 3 Tablespoons Kosher salt 1 Tablespoon paprika 1 teaspoon granulated garlic 1 teaspoon granulated onion 1 teaspoon black pepper 1 teaspoon chili powder	Overnight: 1 cup olive oil 1 cup red wine vinegar 1/4 cup dried Italian herbs 1 teaspoon Kosher salt 1 teaspoon black pepper Quick: 1 cup olive oil 1 cup red wine vinegar 1/4 cup dried Italian herbs 1 Tablespoon Kosher salt 1/2 Tablespoon black pepper	7 Tablespoons Kosher salt 2 Tablespoons black pepper 1 Tablespoon favorite inclusion (Granulated garlic or dried herbs such as rubbed rosemary, thyme or parsley)

*Basic acid ingredients generally come from citrus, vinegar or wine

Recipe By:
True Aussie Lamb



Serves
4



Cook time
20min



Preparation time
5min

Ingredients

- 8-12 Australian lollypop chops or 1 Australian lamb rack, trimmed into 8 chops
 - 2 Tbsps flat leaf parsley, roughly chopped
 - 2 Tbsps oregano, roughly chopped
 - 1/4 C parmesan cheese, finely grated
 - 1/3 C breadcrumbs
- For salad:**
- 2 Tbsps lemon juice
 - 2 Tbsps honey
 - 2 Tbsps extra virgin olive oil
 - 2 Cs shredded red cabbage
 - 2 green apples, cored, thinly sliced
 - 1/3 C mint leaves
 - 1/3 C dill sprigs

Method

For herb crust: To make herb crust, place herbs parmesan and breadcrumbs in a small bowl, and toss to combine.

To cook: Preheat a grill to HIGH. Scatter herb crust evenly over Aussie lamb cutlets and place on a large oven tray. Grill on middle shelf for 15 minutes or until cooked to your liking. Rest, covered loosely with foil, for 5 minutes before serving.

For the salad: Meanwhile, to make the salad, whisk juice, honey and oil in a large bowl until combined. Add cabbage, apples and herbs and toss to combine.

To serve: To serve, divide salad among four plates and top with cutlets.

CHEF TIPS

Click Here
to find more delicious crust ideas here.

Herb-crusted Aussie lamb chops with red cabbage and green apple slaw

This one looks gorgeous on the 'gram, and comes together in a flash. Quick-cooking Aussie lamb chops are done in the oven while you whip up a tasty honey-lemon dressing for the salad. Delish!



Simple spring Aussie lamb ragout

In-season sweet root vegetables are a natural complement to spring lamb. Serve this hearty meat sauce over tender noodles, mashed potatoes or rice.



 FIND where to buy Australian lamb near you



Watch Recipe Video

Recipe By:
Chef Adam Moore



Serves
4



Cook time
20min



Preparation time
30min

Ingredients

- 1-lb. Australian lamb, ground lamb
- ¼ C vegetable oil
- 1 ½ Cs sliced sweet onion
- 1 ½ Cs sliced fennel
- 1 ½ Cs peeled and diced carrot
- ¾ C peeled and diced garlic
- 6 Tbsps all-purpose lamb rub or other spice rub for lamb ([Click here for the recipe](#))
- 2 Cs canned diced tomatoes
- 2 Cs vegetable stock
- 1 ½ Cs shelled edamame (frozen or fresh)

Method

In a large sauté pan over HIGH heat, add the oil and sauté the onion, fennel, carrot and garlic until browned. Add the ground lamb and rub and continue to cook for 5 minutes. Add the tomatoes, stock and edamame and simmer until the vegetables are tender and the liquid has reduced. Serve immediately.

Recipe By:
True Aussie Lamb



Serves
4



Cook time
30min



Preparation time
10min

Ingredients

- 8 Australian lamb t-bone chops, trimmed of excess fat
- 2 corn cobs, cut into pieces
- 2 bell peppers, sliced
- 1 red onion, cut into wedges
- 1 C cherry tomatoes
- 3 Cs baby spinach
- 1 (14 ounce) can of black beans, drained and rinsed
- 1 Tbsp extra virgin olive oil
- 1 Tbsp Cajun spice blend
- Diced avocado, coriander sprigs, sour cream, lime wedge and zest

Method

Preheat oven to 350°F (325°F if using convection). Line a large baking tray with baking paper. Place corn, bell pepper and onion onto prepared tray. Drizzle with oil, sprinkle with half the Cajun spice blend and toss to coat. Cook for 15 minutes.

Meanwhile, place lamb chops and remaining spice blend in a large snap lock bag and rub to coat. Remove tray from oven, add tomatoes to tray and toss well to coat. Place lamb chops on top of vegetables. Cook for an additional 10-12 minutes, until lamb is cooked to your liking, turning chops and adding beans to tray halfway through cooking time.

Serve lamb tray bake with baby spinach, diced avocado, coriander sprigs, sour cream and lime wedges.

CHEF TIPS

Slice the meat from any leftover chops and shave corn kernels from the cobs and warm through. Toss together with the remaining vegetables and some couscous for a delicious salad.

Cajun style lamb chop tray bake

The Louisiana bayou might be a long way from Down Under, but cajun flavors are an amazing match with Australian lamb. Done up here as a simple, no-muss-no-fuss sheet pan dinner, it's big flavor, Big Easy.

FIND where to
buy Australian
lamb near you



Roasted lamb and crunchy salad sandwich



 **FIND** where to
buy Australian
lamb near you

Recipe By:
True Aussie Lamb


Serves
4


Cook time
10min


Preparation time
10min

Ingredients

- 1.25-lbs. cooked leftover Australian lamb, thinly sliced or chopped
 - 1 C shredded cabbage (we used red and green)
 - 1 carrot grated
 - 4 romaine lettuce leaves
 - 8 slices multigrain sourdough bread
 - ½ C hummus
 - 3 Tbsps Greek yogurt
 - 1 Tbsps lemon juice
 - 2 tsps sesame seeds, toasted
 - 2 Tbsps basil pesto
- For garnish**
- Small basil leaves & lemon wedges

Method

Combine yogurt and lemon in a bowl. Add cabbage, carrot and sesame seeds. Toss gently to coat.

Spread each slice of bread with hummus. Top with lettuce, cabbage salad and lamb. Spoon over pesto, season with pepper. Sprinkle with basil leaves. Serve with lemon wedges.

CHEF TIPS

If you have leftover roasted vegetables, roughly chop them and place on sandwich instead of cabbage salad.

Recipe By:
Chef Adam Moore



Serves
4



Cook time
40min



Preparation time
5min

Ingredients

- 1-lb. Australian lamb leg, trimmed and diced
- 1 slice minced bacon
- 8-oz. Andouille sausage
- 1 Tbsp smoked paprika
- 1 Tbsp dried thyme
- 4 Tbsps flour
- 1 onion, diced
- 1 green pepper, diced
- 2 stalks of celery, diced
- 2 Tbsps garlic, minced
- 5 Cs vegetable stock
- Kosher salt and black pepper to taste
- Fresh thyme leaves and parsley leaves as desired

Method

Preheat a large sauce pot over medium heat. Add the bacon and cook, stirring occasionally, until the fat has been rendered. Add the lamb, sausage, paprika, and dried thyme; cook until lightly browned, about 7 minutes. Stir in the flour to create a roux. Cook it for 1 minute. Add the onion, bell pepper, celery, and garlic. Cook until the onions are translucent and fragrant.

Add the stock and bring it to a boil. Cook for 30 minutes, reducing the mixture by about a quarter. Add salt and pepper to taste. When the desired flavor is achieved, add Kitchen Bouquet, if desired, to develop a darker color. Garnish bowls of gumbo with fresh chopped thyme and parsley.

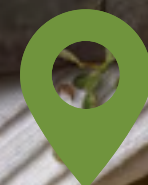
Aussie lamb and sausage gumbo

Nothing says New Orleans like gumbo. Here it's updated with Aussie lamb. Serve it the way they do in the Big Easy, over steaming rice.



Recipe Video
and Instant Pot
Method

FIND where to
buy Australian
lamb near you





Healthy Protein for a Healthy Body

Lean Australian lamb makes a delicious and healthy choice for beefing up your high-quality protein needs, providing a host of essential nutrients and minerals for good health, including Iron, Zinc, Omega-3 and B vitamins.

IRON & ZINC THE FACTS YOU SHOULD KNOW



Iron and zinc are important for a healthy immune system. Lean Australian lamb is an excellent source of iron and zinc.



Iron is important for energy, brain function, and healthy growth and development, particularly in babies, toddlers and children.



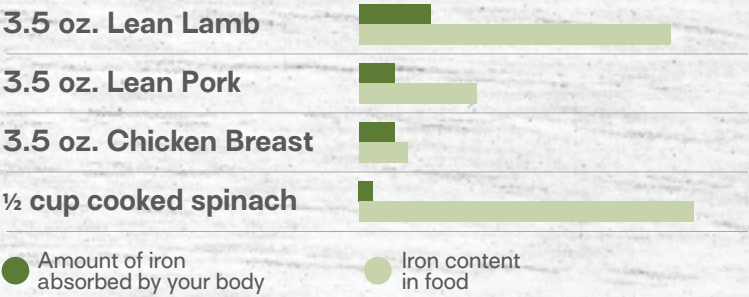
The iron in beef and lamb is the easiest type (called heme-iron) for the body to absorb and use.



Not only is Australian lamb lean (when trimmed of visible fat), it is a source of **Omega 3 fatty acids**, the same healthy fat found in fish.

4x

FOUR TIMES MORE IRON THAN CHICKEN AND TWICE THE AMOUNT FOUND IN PORK.



USDA Dietary Guidelines

1lb. strips
makes 4 meals



1 medium steak
makes 2 meals



1lb. ground
makes 4 meals

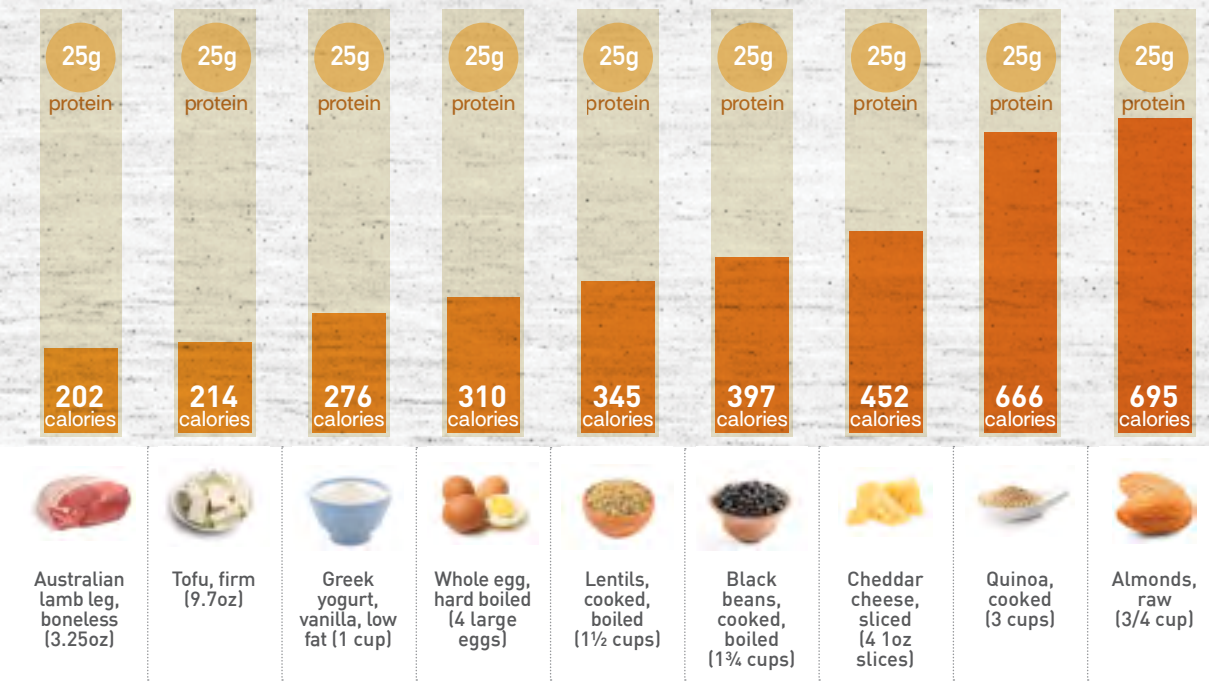


2lbs. diced
makes 5 meals



The latest dietary guidelines from USDA recommend eating **3 to 6 ounce portions of lean** (less than 10% fat) **or extra lean** (less than 5% fat) **meat 3 to 4 times a week.** Enjoy with lots of colorful vegetables for a satisfying, tasty meal that will help meet your daily iron and zinc requirements.

High in protein, low in calories and so much tastier Australian lamb



So, when you're choosing meats and high-quality proteins to nourish your family, make the natural choice for a healthy and balanced diet – **pasture-raised lamb from Australia.**



Visit our website for a collection of iron- and zinc-rich recipe ideas.



Lamb Around the World

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We're all ready to mix up the eat-at-home routine with some new recipes and flavors. Australian lamb is a great place to start, and an #aussome carrier for global flavors.

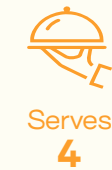
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Australian lamb biriyani

A delicious traditional comfort food in India, this dish is worth the effort, mate! Leftovers the next day might be even better...



Recipe By:
True Aussie Lamb



Serves
4



Cook time
1:30hr



Preparation time
1hr

Ingredients

- 1-lb. Australian lamb leg, boneless, diced
 - 3 Tbsps curry powder
 - 1/2 C yogurt
 - 1 Tbsp vegetable oil
 - 1 Tbsp butter
 - 4 large yellow onions, thinly sliced
 - 1 C basmati rice, rinsed
 - 1/4 C golden raisins
 - 1/4 C roasted cashew nuts
 - 1 C chicken stock
 - 1 C milk
 - Salt and pepper, to taste
 - 1 C thick Greek-style yogurt
 - 1/3 C mint leaves, finely chopped, divided
- To Serve:**
- 8 small pappadums, cooked (crispy Indian flatbreads) or naan

Method

In a ceramic bowl, combine the curry powder and yogurt together to make a paste. Add the lamb and stir to coat. Cover and refrigerate at least 3 hours or overnight if time permits. Preheat oven to 350°F. Heat oil and butter in a fry pan. Add the onions and cook for 15 minutes or until caramelized. Reserve approximately 2 Tbsps of the fried onions for garnish.

Place the marinated lamb into an 8-C capacity ovenproof casserole dish. Spoon the remaining onions over the lamb. Sprinkle rice evenly over the lamb and onions. Add the cardamom pods. Top with reserved fried onions, sultanas and cashew nuts. Pour chicken stock and milk over the rice, then cover with foil. Bake for 1¼ hours or until rice is tender. Season with salt and pepper.

In a separate bowl, combine yogurt and 2 Tbsps of the mint leaves. Spoon lamb into bowls and top with yogurt mixture and remaining mint leaves. Serve with pappadums or fresh naan.

Recipe By:
True Aussie Lamb



Serves
4



Cook time
25min



Preparation time
10min

Ingredients

- 1 each (8 rib) Australian frenched lamb rack, excess fat trimmed, cut into chops
- 1/2 head iceberg lettuce, roughly chopped
- 1 C baby tomatoes, halved
- 5 baby cucumbers, roughly chopped
- 1 small red onion, thinly sliced
- 6 radishes, thinly sliced
- 6 fresh dates, pitted and roughly chopped
- 4 each pita bread pockets
- 1/4 C extra virgin olive oil
- 1/4 C Za'atar spice blend
- 1/3 C feta, crumbled
- 1 Tbsp pomegranate molasses
- Juice of 1 lemon
- For garnish: parsley leaves, pistachio nuts, pomegranate seeds

Method

Preheat oven to 400°F (375°F with convection). Line a large baking tray with parchment paper and place pita pockets on the tray. Brush pita pockets with 1 tablespoon oil, sprinkle with half the za'atar and cook in the oven for 5-8 minutes, turning halfway, or until crisp and golden. Set aside to cool.

Meanwhile, brush chops with 1 tablespoon oil and season. Sprinkle with remaining za'atar. Heat a large non-stick frying pan over medium-high heat and cook chops, in batches, if necessary, for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil to rest for 5 minutes.

In a small bowl place remaining oil, pomegranate molasses and lemon juice. Season and whisk well to combine. Place lettuce, tomatoes, cucumbers, onion, radishes, dates, feta and pita onto a serving dish. Drizzle with dressing and toss well to coat.

Serve chops with salad topped with parsley, pistachios and pomegranate seeds.

CHEF TIPS

Use up your leftover veggies, like cabbage, carrot and snow peas, by shredding them very finely and mixing through the salad for extra texture and flavor.

Use tamarind paste, light molasses or honey if you can not find pomegranate molasses.

Za'atar lamb cutlets with fattoush style salad

Your foodie word o' the day: **fattoush!** (fah-TOOSH) As fun to say as it is tasty to eat, this "bread salad" from the middle east originated as a way to use the leftover bits of pita from the day before. Fighting food waste for centuries! We love it because it's #aussome with grilled lamb chops.




FIND where to
buy Australian
lamb near you



Moroccan Aussie lamb shank tagine

The Tagine is the prince of dishes from North Africa; redolent with spices, it's showy, aromatic and delicious with Aussie lamb shanks. Best of all, you can get a lot done (or kick up your heels) during the long, slow cook in the oven.

 FIND where to buy Australian lamb near you

 Watch how to make lamb stock

Recipe By:
Chef David Olson


Serves
4


Cook time
3hr


Preparation time
2hr

Ingredients

- 4-6 Australian lamb shanks
- Olive oil
- Kosher salt and fresh ground peppercorn, to taste
- 3 Cs lamb stock
- 1 C dried apricots, chopped
- ½ C golden raisins
- 2 medium red onions, thinly sliced
- 4-6 garlic cloves, minced
- 1 small piece of ginger root, peeled and minced
- 2-3 Tbsps Ras el Hanout
- 1 tsp cumin
- ½ tsp cayenne pepper
- 1 Tbsp tomato paste
- 15-oz. can tomatoes, peeled and chopped (or diced), drained
- 1-lb. butternut squash, ½"-¾" cubes
- 1 Tbsp honey
- ½ C cilantro, loosely packed
- 2 Tbsps unsalted butter
- 1 cinnamon stick
- 1 C hazelnuts, roughly chopped
- Kosher salt, to taste
- Mint, to garnish
- Orange zest couscous

Method

Preparation (Either night before or 4 hours before cooking): Season lamb liberally with olive oil, salt and pepper, and refrigerate.

To cook: Remove lamb from refrigeration 1 hour prior to cooking and rest on counter to bring near room temperature. In a saucepan over medium-high heat, bring lamb stock to a boil, remove from heat, add apricots and raisins. Set aside to cool and steep. In a Dutch oven over medium-high heat, warm olive oil and work lamb shanks in batches to brown on all sides. Remove lamb from heat and set aside to rest under tin foil tent. In same Dutch oven, add onion and sauté until just golden and fragrant. Add garlic, seasonings, paste and chopped tomatoes, squash, honey, cilantro, stock and steeped fruits, along with browned lamb shanks. Fold all ingredients together until well-combined. Seal with tin foil, then top with lid before placing inside a 350°-400°F oven for 2-2½ hours, or until the lamb is cooked through and fall-from-the-bone tender.

Meanwhile, prepare couscous and over a separate burner, warm 2 Tbsps butter in a sauté pan with cinnamon stick. Toss chopped hazelnuts into butter, season to taste with salt and sauté until golden. Set aside to cool.

To plate, spoon orange-zested couscous onto plate. Top with lamb shank, then spoon aromatics and sauce over the plated shank. Garnish with sautéed hazelnuts and leaves of mint. Serve.

Recipe By:
Chef Adam Moore



Serves
4



Cook time
8min



Preparation time
10min

Ingredients

- 8 Australian lamb chops
- 2 Tbsps vegetable oil
- Kosher salt and black pepper to taste

Buckwheat salad:

- 2 Cs toasted buckwheat groats
- 1 C fresh flat-leaf parsley leaves
- 1 C red bell pepper, finely diced
- 1 C sweet corn kernels
- 1 heirloom tomato, diced

Champagne vinaigrette:

- ¼ C Dijon mustard
- 12 Cs lemon juice
- ¼ C apple cider vinegar
- 1 Tbsp brown sugar
- ½ tsp kosher salt
- ¼ tsp black pepper
- 2 Tbsps minced garlic
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 2 Cs canola oil

Salad garnish:

- ¼ C pickled shallots, thinly sliced
- 1 ripe avocado, diced

Gochujang-honey glaze:

- ¼ C gochujang red chile paste
- ¼ C clover honey

Garnish:

- Chopped fresh chives, as needed

Method

For the salad: Cook the buckwheat as directed on the package. Drain and refrigerate until cold.

For the vinaigrette: Combine all ingredients except the oil in a food processor. Begin the processor and slowly drizzle in the oil until combined. Refrigerate until ready to use. In a large bowl, combine the chilled buckwheat with the parsley, bell pepper, corn, and tomatoes. Mix well and season with salt and pepper to taste. Toss with about 1/3 C of the vinaigrette and top with the shallots and avocado. For the gochujang-honey glaze: In a small bowl, combine both ingredients and whisk until combined. Set aside.

For the lamb chops: Preheat a large skillet over high heat and add oil. Season the lamb chops with salt and pepper. Once the oil begins to smoke, sear the chops for 2 minutes on each side. Brush each chop with 1 Tbsp of glaze and allow it to rest for 5 minutes before serving.

To serve: Place two lamb chops and 1/2 C of the buckwheat salad on the plate, garnished with fresh chopped chives.

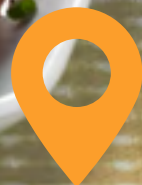
Sweet and spicy Aussie lamb chops with buckwheat salad

A simple grain salad with buckwheat, fresh herbs, summer corn and heirloom tomatoes gets much sexier with champagne vinaigrette and lamb chops glazed with honey and spicy Korean gochujang, then kissed on the grill.



Watch how
to perfectly
brown your
lamb

FIND where to
buy Australian
lamb near you




Turkish-style Aussie lamb flatbreads

These lamb flatbreads are a take on a classic street food in Turkish cuisine. Look for the Moroccan spice blend ras al hanout at your favorite spice shop.

 **FIND** where to buy Australian lamb near you

Recipe By:
True Aussie Lamb


Serves
6


Cook time
30min


Preparation time
10min

Ingredients

- 1-lb. Australian lamb, ground
- 2 Tbsps olive oil
- 1 yellow onion, peeled and finely diced
- 2 Tbsps Moroccan seasoning mix
- 1 C baby spinach leaves, washed and trimmed
- ¼ C pine nuts, toasted
- 2 Tbsps currants
- Salt and freshly ground black pepper
- 1 large Turkish flatbread
- 2 oz. feta, crumbled
- ½ C fresh parsley leaves
- Tzatziki for serving

Method

Preheat oven to 400°F.

Heat the olive oil in a large frying pan, add the onion and cook, stirring until soft and light golden.

Add the ground lamb and cook until all the lamb has browned, stirring to break up any lumps. Add the Moroccan mix and cook until aromatic. Add the spinach and cook until wilted, approximately 2 minutes. Remove from heat and stir in the pine nuts and currants. Season with salt and pepper.

Cut bread in half lengthwise, creating two large flat pieces of bread to use as a base. Place bread onto a baking sheet, top with lamb mixture and sprinkle with crumbled feta. Bake in oven 15 minutes or until crisp and hot. Sprinkle parsley over the flatbread and serve with tzatziki.

[Click Here for more diet-friendly variations.](#)

Thai-glazed Aussie lamb loin chops with raita

Just a few authentic ingredients for the glaze on quick-grilling Aussie lamb loin chops, and a colorful, fresh and summery corn-cabbage-cucumber slaw...makes a weeknight meal spring-tastic.



FIND where to buy Australian lamb near you



Watch Recipe Video

Recipe By:
Chef Adam Moore



Serves
4



Cook time
30min



Preparation time
5min

Ingredients

- 8 Australian lamb loin (t-bone) chops, trimmed
- 2 Tbsps finely chopped palm sugar (or brown sugar)
- 2 Tbsps fish sauce
- 2 Tbsps tamarind puree
- 2 corn cobs, husks removed
- ¼ head thinly sliced red cabbage
- 1 cucumber, halved lengthways and sliced on the diagonal
- ½ C mint leaves
- 1 lime, juiced, plus wedges to serve
- Salt, to taste

Method

To prep: Place lamb loin chops on a plate or tray in a single layer. Combine palm sugar, fish sauce and tamarind in a jug and use a pastry brush to coat the lamb chops on both sides with the glaze.

To cook: Preheat a BBQ or chargrill pan and cook corn for about 15 minutes, turning occasionally, until grill marks appear. Allow to cool slightly and cut kernels off the cob. Place in a large bowl with cabbage, cucumber, mint and lime juice. Season with salt and pepper and toss to combine. Cook lamb chops on BBQ or chargrill pan for 5-6 minutes per side, then turn and cook edges until crispy. Rest for 5-10 minutes. Sprinkle with a few flakes of salt to serve.

To serve: Serve lamb with slaw and lime wedges.

Celebrate Spring Holidays

with Australian Lamb

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Holidays call for special meals, and Easter perhaps more than any other day calls for lamb. Whether it's brunch, lunch or a family dinner, pasture-raised lamb from Australia elevates the meal to something special. Mother's Day is another occasion that calls for an upgrade to Australian lamb. It's widely available and with these sure-fire recipes, you can easily whip up a delicious meal for that special mom in your life.

.....



Grilled Aussie lamb with blistered cherry tomatoes and bearnaise

An easy but impressive dish for entertaining friends or family meal, and it does double duty if you have extra bearnaise. Save it to serve over homemade eggs Benedict for Sunday brunch.

 FIND where to buy Australian lamb near you

Recipe By:
Chef Adam Moore



Serves
4



Cook time
10min



Preparation time
10min

Ingredients

- 1 Australian lamb leg, cut into steaks
- Kosher salt to taste
- Black pepper to taste

For the gremolata:

- 1 C plus 2 Tbsps fresh tarragon leaves, chopped
- 2 Tbsps lemon zest
- 2 Tbsps, plus extra for cooking olive oil
- 1 pint cherry tomatoes

For the béarnaise:

- 2 Tbsps white wine vinegar
- 1 tsp black peppercorns
- 6 large egg yolks
- 2 Cs melted, unsalted butter
- Fresh lemon juice as needed

Method

Preheat a grill to HIGH or you can use a grill pan on the stove. Season the steaks with salt and pepper and set aside.

In a small bowl, make a gremolata by combining 1 C of the tarragon, the lemon zest, garlic and olive oil. Season with salt and set aside. Put a small skillet directly on the grill with a little bit of oil in the pan. When the oil starts to shimmer, add the tomatoes and sauté them until they blister, about 4 minutes. Season with salt and set aside.

In a small pot, combine the vinegar and peppercorns over medium heat; reduce by half. Strain out the peppercorns. In a large bowl over a pot of simmering water, combine the egg yolks and strained vinegar and whisk. The egg yolks will start to thicken; be careful not to scramble the eggs. If the bowl gets too hot, take it off of the pot. Once the egg mixture is nice and thick, whisk in the butter in a continuous stream. Put the bowl back on the simmering water; if the mixture gets too cold, whisk in all the butter. Season with salt and a squeeze of lemon juice, and mix in the remaining 2 Tbsps of the tarragon. Set aside in a warm place.

Grill the steaks for about 4 minutes on each side for medium doneness. Let them rest on a plate for 5 minutes. Serve the chops with the blistered tomatoes, gremolata and sauce.

[Click Here for more diet-friendly variations.](#)

Recipe By:
Ally Phillips, Ally's Kitchen



Serves
12



Cook time
6hr



Preparation time
10min

Ingredients

For the lamb:

- 2 to 3 Aussie lamb shanks, about 3 ½ to 4 lbs
- 2 tsp. sea salt
- 2 Tbl. Harissa spice mixture
- 3 (15 oz.) cans chopped tomatoes, divided
- 32 oz. chicken broth, divided

- Whole head of garlic, most of paper skins peeled off the bulb
- 3 sprigs of fresh mint & 5 sprigs of fresh thyme tied with cooking twine
- Water
- 12 slider buns, buttered and grilled optional

To garnish:

- Fresh mint leaves
- 2 Tbl. fresh lemon juice
- 2 Tbl. olive oil
- 1 cup cucumber slices, very thinly sliced
- Sea salt/Pepper, to taste
- 2 cups baby greens (i.e., sweet pea, arugula, European, sunflower greens, etc.)

Method

In a large heavy dutch oven pot, put one can of the tomatoes. Fill the can with chicken broth and add to the tomatoes then add one can of water. Put the lamb shanks in. Sprinkle with the salt and berbere spice mixture. Add the second can of tomatoes on top. Add the garlic bulb to the side then put the mint/thyme bouquet in. Cover tightly with a lid. Cook for about 4 1/2-5 hours and continue to add water and the remaining broth (check about every 45-60 minutes).

After this time, pull the pot out and using a fork start tearing the meat from the bone. Discard any fat but leave the bone(s). Remove the bouquet stems and pull the garlic cloves from the bulb. Add more water if needed and cook another 30-45 minutes.

Remove from the oven and put on a blaze that's on simmer heat. Discard the bones and add the final can of tomatoes, blend, and keep warm until ready to serve. When serving, place some greens on the bun. Add the berbere lamb meat. Mix the cucumber slices in a bowl with the lemon juice, olive oil, salt and pepper. Put a couple of slices on top the meat. Garnish with fresh mint and a squeeze of lemon juice. This meat will freeze nicely, so any extra can be put in doubled freezer bag(s) and used later!

When covering the Dutch oven for cooking, put a layer of doubled foil and then the lid. Just makes for a tighter fit!

This recipe could be done in a slow cooker. It would take more time since 'high' on a slow cooker is about 300 degrees.

Aussie harissa lamb shank sliders

Sliders have become classic fare because they're tasty, portable and just-the-right-size for a quick bite or a full meal. These beauties from our mate Ally Phillips get a serious kick from North African harissa, your new favorite way to bring the heat.

FIND where to
buy Australian
lamb near you

Aussie lamb loin pesto puffed tarts

Airy puffed pastry with pops of juicy roasted cherry tomatoes, pesto and tender Australian lamb.

Recipe By:
Chef Merry Graham



Serves
5



Cook time
35min



Preparation time
10min

Ingredients

- 1 lb. trimmed Aussie Lamb Loin
- 1 tsp sea salt and 1/2 tsp black pepper
- 1 Tbsp olive oil
- 1 (13.2 oz) package Puff Pastry dough
- 1/3 C prepared refrigerated pesto
- 2 Cs shredded Italian Cheese Blend
- 1 C cherry tomatoes, half in cups
- 1/4 C chopped parsley and basil leaves
- 1 fresh lemon

Method

Preheat the oven to 400°F.

Season Aussie lamb loin with salt and pepper, and drizzle with olive oil. Heat a skillet over medium-high. Pan-sear lamb on all sides, about 3-minutes per two sides. Remove lamb when the center of the lamb loin has reached 120°F-125°F. Let rest 10-minutes before slicing in 1/4-inch wide strips.

Unroll refrigerated puff pastry dough with parchment paper onto baking sheet, and cut dough crosswise into 5 (3-inch) strips.

Spread the pesto over each strip, leaving a 1/4-inch border. Arrange lamb strips over pesto and sprinkle with Italian cheese. Top with cherry tomatoes.

Bake the tarts until edges are golden brown, about 20-25 minutes. Remove from oven and cool for 5 minutes. Garnish with fresh herbs and additional cheese. Squeeze lemon juice over tarts. Serve warm.

Serves: 5 or cut diagonally in halves for 10 appetizer portions.



FIND where to
buy Australian
lamb near you

Recipe By:
Jodi Reiner, Fine Cooking Magazine



Serves
4



Cook time
30min



Preparation time
45min

Ingredients

- 1-½-lbs. Australian lamb loin or leg at room temperature
- 2 Tbls coconut oil, melted and slightly cooled
- 2 tsps minced fresh garlic
- 2 tsps minced fresh ginger
- Kosher salt and freshly ground black pepper
- 1 C pomegranate seeds
- ½ C finely diced red onion
- 2 Tbls minced fresh jalapeno, more to taste
- ¼ C fresh lime juice
- 8 to 10 white corn tortillas, warmed
- 6-oz. queso blanco, crumbled
- ½ C chopped fresh mint

Method

In a large bowl, combine the coconut oil, garlic, ginger, 1 tsp. salt, and 1/4 tsp. pepper. Add the lamb and turn to coat. Let sit at room temperature for 30 minutes.

Meanwhile, in a medium bowl, stir together the pomegranate seeds, onion, jalapeno, and lime juice. Season to taste with salt and pepper.

Prepare a medium-high gas or charcoal grill fire. Remove the lamb from the marinade, letting any excess drip back into the bowl. Grill directly on the grate, flipping once, until deep golden-brown outside and medium rare inside, about 8 minutes total. Let the lamb rest at room temperature for 10 minutes before slicing.

While the lamb rests, heat a cast-iron griddle over medium-high heat. Put the tortillas on the griddle (working in batches, if necessary) and sprinkle a little queso on each. Cook until the tortillas are warmed and the queso is melty. Slice the lamb, and distribute the lamb evenly among the tortillas. Stir the fresh mint into the pomegranate salsa, then top each taco with a little salsa and serve with the remaining salsa on the side.

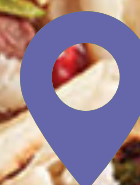
Grilled Aussie lamb tacos with pomegranate-mint salsa

Ginger-and-garlic rubbed lamb plus a sweet-sour pomegranate and mint relish puts a Mediterranean spin on the beloved Mexican street food.



Watch Recipe
Video

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Middle Eastern style roast Aussie lamb

An Aussie Lamb roast for a family gathering pays dividends with all the leftovers. This simple roast is #aussome with tahini-roasted carrots, and we'd gladly have it the next day in a wrap or pita.

 FIND where to buy Australian lamb near you

Recipe By:
True Aussie Lamb


Serves
6


Cook time
2:30hr


Preparation time
10min

Ingredients

For the lamb:

- 1 Australian lamb leg or shoulder
- ¼ C olive oil
- 1 tsp cinnamon, ground
- 1 tsp nutmeg
- 1 tsp sweet paprika
- ½ tsp black pepper
- 3 tsps salt
- 6 garlic cloves
- 8 rosemary sprigs, small

For the carrots:

- 2 bunches carrots
- 2 tsps olive oil
- 3 Tbsps tahini
- 2 tsps cumin
- 1 Tbsp honey
- Salt and pepper, to taste

To serve:

- 1 C greek yogurt, natural
- ½ each juiced lemon

Method

For the lamb: Preheat oven to 400°F. Mix the Aussie lamb rub spices together with olive oil and rub all over the surface of the Aussie lamb. Pierce the Aussie lamb with small incisions randomly with a small knife and stuff with whole garlic cloves and rosemary sprigs. Bake the Aussie lamb for 30 minutes until browned. Once browned, wrap the shoulder in baking paper then foil. Reduce the oven heat to 325°F and cook for a further 2 hours until very tender.

For the carrots: Wash and trim the carrots and mix in tahini, cumin, honey, olive oil and season with salt and pepper. Keep to one side and bake at 325°F for the last 20 minutes with the lamb.

To serve: Rest the lamb for 10 minutes before carving. Serve with yogurt mixed with lemon juice.

Recipe By:
True Aussie Lamb



Serves
4



Cook time
15min



Preparation time
10min

Ingredients

- 1-lb. Australian lamb leg, cubed
 - 1 small red onion, cut into wedges
 - 2/3 C cherry tomatoes
 - 1 medium zucchini, cut into 1cm thick rounds
 - ½ red bell pepper, cut into 3cm pieces
 - 1/2 yellow bell pepper, cut into 3cm pieces
 - 2 corn cobs, sliced & char-grilled
 - 1/2 C hummus
 - 1 Tbsp extra virgin olive oil, plus extra to drizzle
 - 1 Tbsp Moroccan seasoning
 - 1 tsp fennel seeds
- For garnish**
- Romaine, radish, cucumber, chopped chives

Method

Place the lamb, oil, Moroccan seasoning, fennel seeds, onion, tomatoes, zucchini and peppers in a large bowl. Season with pepper and toss well to coat. Thread lamb and vegetables alternatively onto the skewers.

Heat a large skillet or grill over medium high heat. Cook skewers for 2-3 minutes on each side or until meat is cooked to your liking. Set aside on a plate loosely covered with foil for 2-3 minutes to rest.

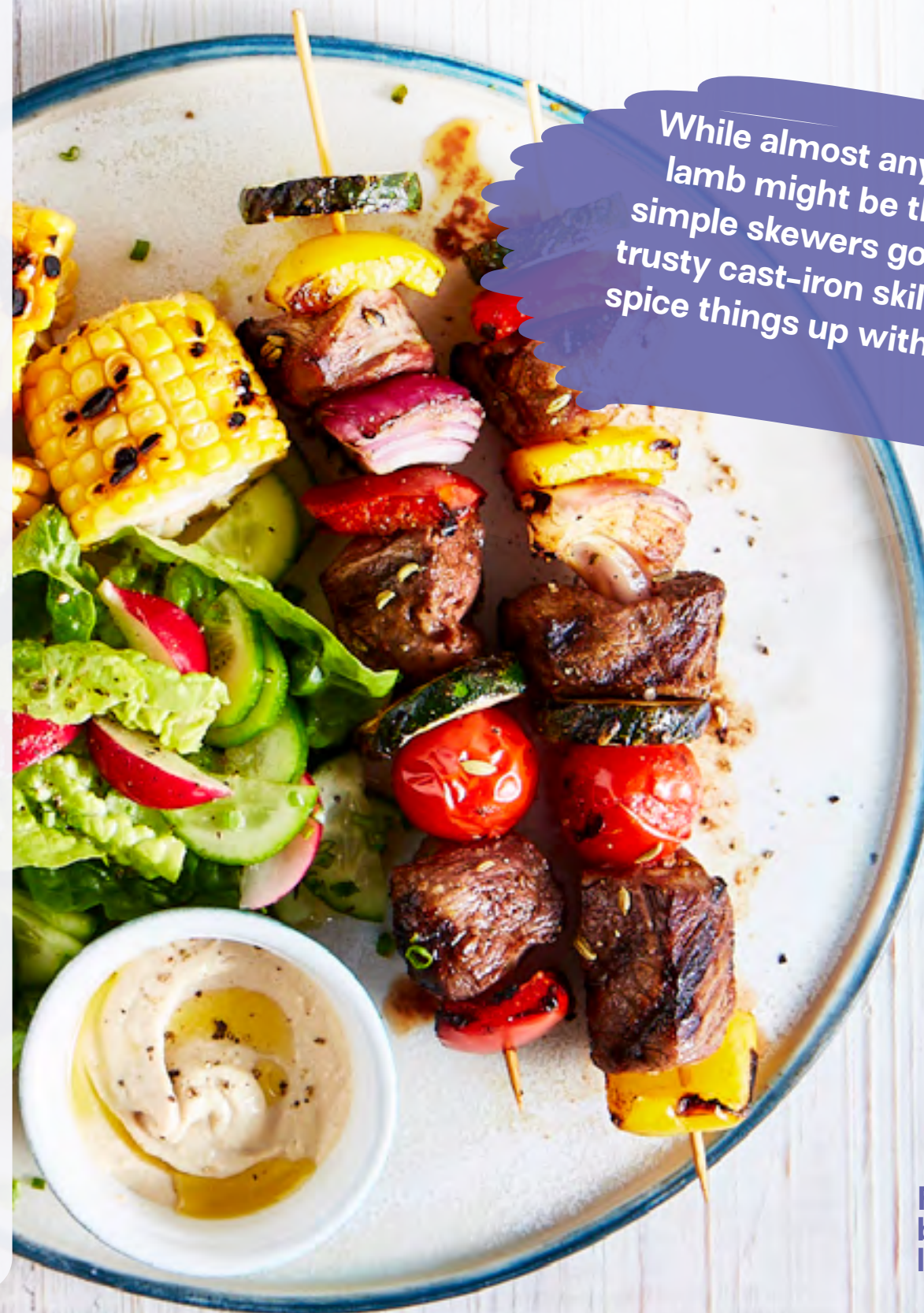
Serve skewers with hummus, corn and romaine, radish and cucumber salad drizzled with a little oil sprinkled with chives.

CHEF TIPS

Try different flavor combinations on the kebabs; oregano and lemon zest, Cajun spice, Chinese 5 Spice and coriander, or a little paprika and parsley.

Moroccan Lamb and Vegetable Kebabs

While almost any food is better on a stick, lamb might be the best of the lot. These simple skewers go great on the grill, or your trusty cast-iron skillet. An #aussome way to spice things up with a bit of Moroccan flavor!



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