

# The Lamb Cookbook

163 Recipes

# Table Of Contents

Portofino Lamb and Artichoke Risotto	1
Skillet Lamb Chops	2
Rosemary Seasoned Lamb	3
Lamb and Squash	4
Curried Stew with Lamb	5
Lamb Barley Soup	6
Traditional Lamb Stew	7
Lamb Tagine	8
Lamb Shawarma	9
Easter Lamb Cake I	10
Superb Lamb Shanks	11
Lamb Shanks with Ancho Chile Honey Glaze	12
Lamb Lover's Pilaf	13
Marinated Lamb Chislick	14
Coconut Lamb Cake	15
Burgundy Lamb Shanks	16
Roast Leg of Lamb with Rosemary	17
Dragan's Leg of Lamb with Garlic and Beer	18
LIZZY217's Lamb Gyros	19
Lamb L'Arabique	20
Lamb Stew with Green Beans	21
Lamb and Potato Skillet	22
Diced Lamb with Roasted Vegetables and Couscous	23
Leg of Lamb	24
Southwestern Grilled Lamb	25
Lamb, Carrot, and White Bean Curry Stew	26
Aussie Barbequed Boneless Leg of Lamb	27
Mike's BBQ Chili and Honey Lamb Marinade	28
Mint-Tomato Sauce for Lamb	29
Leg o' Lamb with Lemon and Rosemary	30
Butter Lamb Gravy	31
Irish-Style Lamb Stew	32
Lamb and Bulgur Soup (Shorba Freek)	33
Braised Lamb Shank with Vegetables	34
Rosemary Braised Lamb Shanks	35

# Table Of Contents

White Bean and Lamb Soup	36
Cassandra's Yummy Lamb Chops	37
Rosemary Pesto-Crusted Lamb Steaks	38
Lamb Kebabs with Kahlua Peanut Sauce	39
Lamb Ribs with Honey and Wine	40
Braised Lamb Shanks	41
Easy Lamb Shawarma	42
Lamb Braised with Quince (Kidonato)	43
Braised Lamb Kahlua	44
Dry Spice Rub for Lamb or Beef	45
Lemon and Thyme Lamb Chops	46
Rob's Lamb Curry Pie	47
Southwestern Lamb Chops	48
Lamb Cobbler	49
Roast Leg of Lamb with Orange Juice and White Wine	50
Dale's Lamb	51
Lamb Feta Peppers	52
Lamb Casserole	53
Muscat Gosht (Lamb in Spicy Tomato Gravy)	54
Lamb with Sauteed Veggies	55
Maple Glazed Chipotle Goat Cheese Lamb Burgers	56
Lamb and Asparagus Stew	57
Lamb and Okra Stew	58
Easy Roast Leg of Lamb	59
Greek Lamb Kabobs with Yogurt-Mint Salsa Verde	60
Nita's Lamb, Green Beans and Tomatoes	61
Greek Lamb Stew	62
Honeyed Lamb with Cider Gravy	63
Mandy's Lamb Enchiladas	64
Mensaf (Jordanian Lamb Stew)	65
Italian Leg of Lamb	66
Easter Lamb Cake	67
Greek Avocado Relish with Grilled Lamb Kebabs	68
Lamb Chops in Duck Sauce	69
Greek Orange Roast Lamb	70

# Table Of Contents

Vietnamese Aromatic Lamb Chops	71
Green Curry Lamb Balls	72
Lamb Chops with Preserved Lemon (Moroccan Style)	73
Marinated, Breaded Lamb Chops with Rosemary and Garlic	74
Curried Lamb	75
Feta and Olive Lamburgers	76
Lambless Shepherd's Pie	77
Mediterranean Lamb and Lentil Stew	78
Lamb for Lovers	79
Braised Lamb with a Sour Orange Marinade	80
Heavenly Lamb Shanks	81
Summer Lamb Kabobs	82
Peruvian Lamb Soup	83
Roast Leg of Lamb	84
Italian Lamb Stew	85
South African Lamb Sosasies(Kebabs)	86
Bulgur Pilaf with Lamb	87
Lamb Shank Braised in White Wine with Rosemary	88
Easter Lamb Cake II	89
Lamb Spaghetti	90
Stuffed Leg of Lamb	91
Grilled Spicy Lamb Burgers	92
Irish Lamb Stew	93
Greek Lamb Kabobs	94
Eggplant Stuffed with Lamb and Feta	95
Stout-Braised Lamb Shanks	96
Spicy Lamb Patties	97
Olive, Lamb, and Red Pepper Casserole	98
Paul's Apple, Lamb and Lentil Soup	99
Asian Barbequed Butterflied Leg of Lamb	100
Lamb Meatballs	101
McIntire's Lamb Stew	102
Rosemary and Lamb Crispy Roast Potatoes	103
Tunisian Lamb with Saffron (Keleya Zaara)	104
Grandma Me's Clove-Studded Leg of Lamb	105

# Table Of Contents

Roast Leg of Lamb	106
Broiled & Slow-Roasted Butterflied Leg of Lamb With Cumin and	107
Easter Lamb Pound Cake	108
Easter Leg of Lamb	109
Eggplant and Lamb Stew	110
Leg of Lamb	111
Herbed Lamb Chops	112
Greek Lamb-Feta Burgers With Cucumber Sauce	113
Lamb Madras Curry	114
Lamb Patties	115
Tim's Lamb Stew	116
Roast Lamb with Wine Gravy	117
Lamb and Winter Vegetable Stew	118
Lamb Chops with Prosciutto and Salad	119
Mixed Grill of Sausage, Chicken and Lamb With Tandoori	120
Cumin Lamb Steaks with Smashed Potatoes, Wilted Spinach and	121
Momma Lamb's Famous Fruit Salad	122
Moroccan-Style Lamb Shanks with Apricots	123
Lemon-Honey Lamb Skewers	124
Moroccan Lamb with Shiraz Honey Sauce	125
Nana's Leg of Lamb	126
Candice's Lamb Cannelloni with Mint Pesto	127
Pastry-Wrapped Lamb Rack	128
Grilled Lamb Burgers	129
Lamb Chops with Prunes	130
Holiday Leg of Lamb	131
Lamb Stew Casserole	132
Grecian Lamb Caesar Salad	133
Rosemary Lamb Chops with Lemon Sauce	134
Curry Lamb Chops	135
Roasted Rack of Lamb	136
Herbed Cream Cheese-Stuffed Lamb Burgers	137
Moroccan Lamb Kabobs	138
Lime Glazed Leg of Lamb	139
Lamb Chops with Balsamic Reduction	140

# Table Of Contents

Pampered Pooch Rice and Lamb Casserole	141
Stuffed Leg of Lamb with Balsamic-Fig-Basil Sauce	142
Leg of Lamb with Raspberry Sauce	143
Pasta Lamb Skillet	144
Garlic and Herb Lamb	145
Spring Lamb Supper	146
Minced Lamb Bake	147
Herbed Marinated Lamb Chops	148
Bry's Chocolate Lamb Chili	149
Goat Cheese Stuffed Lamb Burgers	150
Sofrito (Greek Lamb Recipe)	151
Spinach-Stuffed Lamb	152
Baked Lamb Chops	153
Mellas Family Lamb Stuffed Zucchini (Koosa)	154
Simple Grilled Lamb Chops	155
Rogan Josh, Lamb Shanks	156
Dirty Piggy-Back Lamb	157
Lamb (Gosht) Biryani	158
Lemon Pepper Lamb Fries (Lemon Pepper Mountain Oysters)	159
Lemon Herb Lamb Chops	160
Sweet Lamb Curry	161
Grilled Lamb with Brown Sugar Glaze	162
Big M's Grilled Orange Lamb Kabobs	163

# Portofino Lamb and Artichoke Risotto

## Ingredients

2 tablespoons olive oil  
1 tablespoon butter  
1/2 cup chopped shallots  
2 cups uncooked Arborio rice  
1/2 cup red wine  
6 cups chicken broth - heated and divided  
3/4 cup grated Asiago cheese  
2 cups diced leftover roast lamb  
1 clove garlic, minced  
1 (6.5 ounce) jar marinated artichoke hearts, undrained and chopped

## Directions

Heat the oil and butter in a large saucepan over medium heat. Stir in the onions OR shallots and saute for 2 to 3 minutes. Pour in the rice and stir well to coat, about 1 minute.

Next, pour in the wine and allow it to get absorbed by the rice, about 2 to 3 minutes. Then, stir in the broth 1/2 cup at a time, waiting until the rice absorbs each 1/2 cup before adding the next 1/2 cup. Repeat this until you have used all but 1/4 cup of broth, reserving this for later.

After about 20 minutes, the rice should be tender but firm. Turn off the heat. Stir in the remaining 1/4 cup of broth, the cheese, leftover lamb, garlic and artichoke hearts. Stir well to combine with the rice and serve on warm dinner plates.

# Skillet Lamb Chops

## Ingredients

2 (8 ounce) lamb shoulder blade chops  
2 tablespoons vegetable oil  
1/2 cup warm water  
1 teaspoon lemon juice  
1 teaspoon dried minced onion  
1/2 teaspoon dried oregano  
1/4 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a large skillet, brown lamb chops in oil. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until meat juices run clear.

# Rosemary Seasoned Lamb

## Ingredients

2 tablespoons chopped fresh rosemary  
1 teaspoon coarsely ground pepper  
3/4 teaspoon salt  
1/2 teaspoon ground mustard  
1/2 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon white pepper  
1/8 teaspoon cayenne pepper  
1 (4 pound) boneless leg of lamb

## Directions

In a blender or spice mill, combine the seasonings; cover and process until coarsely ground. Untie leg of lamb and unroll. Rub spice blend over both sides of meat. Reroll and tie with kitchen string.

Place on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees F for 1-3/4 to 2-1/4 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Let stand for 10-15 minutes before slicing.

# Lamb and Squash

## Ingredients

3 cups water  
1 1/2 cups uncooked white rice  
1 pound ground lamb  
1 cup finely chopped onion  
1 clove garlic, minced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried basil  
1 teaspoon ground mustard  
1 acorn squash, halved and seeded  
salt and pepper to taste

## Directions

In a medium saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium high heat, place the ground lamb, onion, garlic, thyme, basil and ground mustard. Cook until the lamb is evenly brown and the onion is soft. Stir the rice into the mixture.

Stuff the acorn squash halves with the ground lamb mixture. Season with salt and pepper.

Place stuffed squash on a medium baking sheet. Bake in the preheated oven 30 minutes, or until the squash is tender.

# Curried Stew with Lamb

## Ingredients

1 cup yogurt  
1 tablespoon minced garlic  
2 pounds lamb sirloin, cut into cubes  
2 cups water  
1 cup uncooked rice  
1 tablespoon vegetable oil  
1 large onion, grated  
1/2 teaspoon ground cloves  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cumin  
3/4 teaspoon ground cayenne pepper  
3 tablespoons curry powder  
2/3 cup slivered almonds, toasted  
1 cup currants  
8 cups vegetable broth

## Directions

In a medium bowl, combine yogurt and garlic. Stir in the lamb cubes until coated. Cover, and refrigerate overnight.

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat, and set aside.

Heat oil in a large skillet over medium high heat. Saute onions until tender. Stir in marinated lamb mixture. Season with cloves, ginger, cumin, cayenne and curry powder. Stir in raisins, reduce heat, and simmer for 2 hours. Stir in cooked rice and vegetable stock. return to a simmer, and cook 5 more minutes.

# Lamb Barley Soup

## Ingredients

1 pound ground lamb  
1/2 large onion, chopped  
1 (28 ounce) can diced tomatoes, drained  
2 cups water  
3 (10.5 ounce) cans beef consomme  
1 (10.75 ounce) can condensed tomato soup  
4 medium carrots, chopped  
3 stalks celery, chopped  
1/2 teaspoon chili powder  
1/2 teaspoon ground black pepper  
1/2 cup barley

## Directions

Place the lamb and onion into a large soup pot over medium heat. Cook and stir until the lamb is browned and crumbled. Drain excess grease if any. Stir in the tomatoes, water, consomme, and tomato soup. Add the carrots, celery, and barley, and season with chili powder and pepper. Simmer over medium heat for 45 minutes.

# Traditional Lamb Stew

## Ingredients

1 1/2 pounds lamb stew meat  
2 tablespoons olive oil, divided  
3 large onions, quartered  
3 medium carrots, cut into 1 inch pieces  
4 small potatoes, peeled and cubed  
1 (14.5 ounce) can beef broth  
1 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon butter  
1 tablespoon all-purpose flour  
1 1/2 teaspoons minced fresh parsley  
1 1/2 teaspoons minced chives  
1/2 teaspoon minced fresh thyme

## Directions

In a Dutch oven, brown meat in 1 tablespoon oil over medium heat. Remove with a slotted spoon; set aside. Add onions, carrots and remaining oil to pan. cook for 5 minutes or until onions are tender, stirring occasionally. add potatoes, broth, salt, pepper and lamb. bring to a boil. Remove from the heat. Cover and bake at 350 degrees F for 50-60 minutes or until meat and vegetables are tender.

With a slotted spoon, remove meat and vegetables to a large bowl; keep warm. Pour pan juices into another bowl; set aside. In the Dutch oven, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the parsley, chives, thyme, and meat and vegetables; heat through.

# Lamb Tagine

## Ingredients

3 tablespoons olive oil, divided  
2 pounds lamb meat, cut into 1 1/2 inch cubes  
2 teaspoons paprika  
1/4 teaspoon ground turmeric  
1/2 teaspoon ground cumin  
1/4 teaspoon cayenne pepper  
1 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/2 teaspoon ground cardamom  
1 teaspoon kosher salt  
1/2 teaspoon ground ginger  
1 pinch saffron  
3/4 teaspoon garlic powder  
3/4 teaspoon ground coriander  
2 medium onions, cut into 1-inch cubes  
5 carrots, peeled, cut into fourths, then sliced lengthwise into thin strips  
3 cloves garlic, minced  
1 tablespoon freshly grated ginger  
1 lemon, zested  
1 (14.5 ounce) can homemade chicken broth or low-sodium canned broth  
1 tablespoon sun-dried tomato paste  
1 tablespoon honey  
1 tablespoon cornstarch (optional)  
1 tablespoon water (optional)

## Directions

Place diced lamb in a bowl, toss with 2 tablespoons of the olive oil, and set aside. In a large resealable bag, toss together the paprika, turmeric, cumin, cayenne, cinnamon, cloves, cardamom, salt, ginger, saffron, garlic powder, and coriander; mix well. Add the lamb to the bag, and toss around to coat well. Refrigerate at least 8 hours, preferably overnight.

Heat 1 tablespoon of olive oil in a large, heavy bottomed pot over medium-high heat. Add 1/3 of the lamb, and brown well. Remove to a plate, and repeat with remaining lamb. Add onions and carrots to the pot and cook for 5 minutes. Stir in the fresh garlic and ginger; continue cooking for an additional 5 minutes. Return the lamb to the pot and stir in the lemon zest, chicken broth, tomato paste, and honey. Bring to a boil, then reduce heat to low, cover, and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is tender.

If the consistency of the tagine is too thin, you may thicken it with a mixture of cornstarch and water during the last 5 minutes.

# Lamb Shawarma

## Ingredients

1/2 cup plain yogurt  
1/4 cup water  
2 tablespoons fresh lemon juice  
1 tablespoon distilled white vinegar  
1 tablespoon olive oil  
1/2 cup chopped onion  
2 cloves garlic, minced  
1 tablespoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon ground cumin  
1/8 teaspoon ground nutmeg  
1/8 teaspoon ground cloves  
3/4 teaspoon ground mace  
1 teaspoon cayenne pepper  
5 pounds boneless lamb shoulder, cut into 1/4-inch-thick strips

## Directions

Place the yogurt, water, lemon juice, vinegar, olive oil, onion, and garlic into a large mixing bowl. Whisk in the salt, black pepper, cumin, nutmeg, clove, mace, and cayenne pepper until evenly blended. Mix in the lamb strips to coat. Cover the bowl with plastic wrap, and marinate in the refrigerator 12 to 24 hours (the longer the better).

Heat a large skillet over high heat. Cook the lamb strips in a single layer in batches until the fat melts and the meat has browned and is no longer pink on the inside, about 5 minutes, turning occasionally.

# Easter Lamb Cake I

## Ingredients

1 cup butter  
2 cups white sugar  
1 cup water  
3 1/2 cups all-purpose flour  
2 1/2 teaspoons baking powder  
1 teaspoon vanilla extract  
4 egg whites  
1/2 teaspoon salt

## Directions

Cream butter and sugar; add water. Mix flour, baking powder and salt; fold into creamed mixture. Mix well; stir in vanilla. Beat egg whites until stiff and fold into batter.

Spread batter evenly in a greased and floured lamb mold (cast iron if you have one or tin). Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes.

# Superb Lamb Shanks

## Ingredients

6 (1 pound) lamb shanks  
1/4 cup all-purpose flour for coating  
1 cup water  
1 onion, finely chopped  
salt and pepper to taste  
1 cup evaporated milk  
1 (10.75 ounce) can condensed tomato soup

## Directions

Heat a large deep skillet over medium-high heat, and spray with cooking spray. Coat the lamb shanks lightly with flour, and brown on all sides in the hot pan. Drain off fat.

Add the water, onion, salt and pepper. Cover, and reduce heat to low, and cook until the lamb is tender, about 1 1/2 hours. Turn shanks occasionally while cooking, and add more water if necessary. When shanks are done, stir in the evaporated milk and tomato soup. Cover and cook for an additional 10 minutes.

# Lamb Shanks with Ancho Chile Honey Glaze

## Ingredients

2 tablespoons olive oil  
4 lamb shanks  
1 onion, chopped  
2 cloves garlic, minced  
2 dried ancho chiles - chopped, stemmed and seeded  
2 cups chicken broth  
4 cups tomato puree  
1 teaspoon ground cumin  
1 bay leaf  
salt and pepper to taste

6 dried ancho chiles, stemmed and seeded  
4 cups boiling water  
1/2 cup honey  
1 teaspoon grated orange zest

1 cup plain yogurt  
2 tablespoons chopped fresh cilantro  
salt to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Heat oil in large Dutch oven or enamel baking pot. Sear shanks on all sides and set aside. In the same pot, saute onion and garlic 2 to 3 minutes. Add 2 ancho chilies, tomatoes and chicken stock. Season with cumin, bay leaf, salt and pepper. Boil briefly, then return shanks to pan.

Cover and bake in preheated oven for 2 to 2 1/2 hours. Meat should be just ready to fall off the bone.

To make the glaze: Cover 6 ancho chilies with boiling water, and soak for 10 minutes. In a food processor, combine chilies, 1 cup water, honey and orange zest. Process until smooth; set aside.

To make the topping: In a small bowl, mix together yogurt, cilantro and salt. Cover, and refrigerate.

When the shanks are done, remove them from the Dutch oven, and place them into an oiled roasting pan. Increase oven temperature to 400 degrees F (200 degrees C). Spread glaze over shanks and return to oven until light crust forms, 6 to 10 minutes. Serve on large plates surrounded by tomato base and topped with the refreshing yogurt mixture.

# Lamb Lover's Pilaf

## Ingredients

2 tablespoons vegetable oil,  
divided  
1 1/2 pounds boneless lamb stew  
meat cut into 1/2 inch strips  
1/2 teaspoon Greek-style  
seasoning  
1 onion, chopped  
2 stalks celery, minced  
1 cup dry bulgur wheat  
1 1/2 cups chicken broth  
1 pinch ground cinnamon  
1 pinch ground allspice  
1/4 cup raisins  
1/4 cup slivered almonds

## Directions

Heat 1 tablespoon of oil in a large skillet over medium high heat. Season lamb strips with Greek seasoning and saute in oil until browned. Remove from skillet and set aside.

Reduce heat to medium and heat remaining tablespoon of oil. Saute onion and celery until soft, then add bulgur wheat and continue cooking, stirring often, for an additional 5 minutes.

Stir in reserved lamb, broth, cinnamon and allspice. Reduce heat to low and simmer for 15 to 20 minutes, covered, until liquid has been absorbed. Garnish with raisins and almonds and serve.

# Marinated Lamb Chislick

## Ingredients

1/2 cup Worcestershire sauce  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon lemon pepper  
1 1/4 pounds cubed lamb stew meat

1 tablespoon creamy salad dressing (such as Miracle Whip „Ÿ)  
1 tablespoon thousand island salad dressing  
1 teaspoon Worcestershire sauce  
1 teaspoon yellow mustard  
1 teaspoon ketchup  
1/2 teaspoon onion powder

## Directions

Whisk together 1/2 cup of Worcestershire sauce, liquid smoke, and lemon pepper in a bowl. and pour into a resealable plastic bag. Add the lamb cubes, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour. Prepare the dipping sauce by whisking together the salad dressings, 1 teaspoon Worcestershire sauce, mustard, ketchup, and onion powder in a small bowl. Refrigerate until ready to serve.

Preheat the oven's broiler and set the oven rack in the middle of the oven. Spray a broiler pan with nonstick cooking spray.

Drain the lamb cubes in a colander in the sink, discarding the marinade. Place the lamb cubes onto the prepared broiler pan. Cook in the preheated oven until the lamb has cooked to your desired degree of doneness, 10 to 15 minutes for medium.

Place the lamb cubes on a plate covered with paper towels. serve hot with the dipping sauce using toothpicks. Do not reheat as lamb tends to lose flavor when reheated.

# Coconut Lamb Cake

## Ingredients

1 (18.25 ounce) package white cake mix

1 egg white

3/4 cup white sugar

1 pinch salt

3 tablespoons water

1 teaspoon light corn syrup

1/2 teaspoon vanilla extract

1 cup flaked coconut

## Directions

Preheat oven to 450 degrees F (230 degrees C). grease and flour a lamb mold. Prepare cake mix as directed on the package.

Pour batter into the face half of well-greased lamb mold. cover with back of mold and wire or tie mold together. Place mold face down on baking sheet.

Bake for 15 minutes at 450 degrees F (230 degrees C). Reduce heat to 350 degrees F (175 degrees C) and bake 35 minutes longer.

Remove mold from oven and remove the back of the mold. Allow lamb to cool in face half of mold for about 5 minutes. Loosen cake from sides of mold and remove carefully. Stand lamb cake upright on cake rack until cool. When cool, frost with snow frosting and cover with coconut.

To make Snow Frosting: In the top of a small double boiler, Combine egg white, sugar, dash of salt, water and light corn syrup. Beat with rotary egg beater about 1 minute or until thoroughly mixed. Cook over rapidly boiling water, beating constantly with rotary egg beater 4 minutes, or until frosting will stand in stiff peaks. Remove from boiling water, add 1/2 teaspoon vanilla and beat 1 minute, or until thick enough to spread.

# Burgundy Lamb Shanks

## Ingredients

4 (20 ounce) lamb shanks  
salt and pepper to taste  
2 tablespoons dried parsley flakes  
2 teaspoons minced garlic  
1/2 teaspoon dried oregano  
1/2 teaspoon grated lemon peel  
1/2 cup chopped onion  
1 medium carrot, chopped  
1 teaspoon olive oil  
1 cup Burgundy wine or beef  
broth  
1 teaspoon beef bouillon granules

## Directions

Sprinkle lamb with salt and pepper. Place in a 5-qt. slow cooker. Sprinkle with the parsley, garlic, oregano and lemon peel.

In a small saucepan, saute the onion and carrot in oil for 3-4 minutes or until tender. Stir in wine or broth and bouillon. Bring to a boil, stirring occasionally. Pour over lamb. Cover and cook on low for 8 hours or until meat is tender.

Remove lamb and keep warm. Strain cooking juices and skim fat. In a small saucepan, bring juices to a boil; cook until liquid is reduced by half. Serve with lamb.

# Roast Leg of Lamb with Rosemary

## Ingredients

1/4 cup honey  
2 tablespoons prepared Dijon-style mustard  
2 tablespoons chopped fresh rosemary  
1 teaspoon freshly ground black pepper  
1 teaspoon lemon zest  
3 cloves garlic, minced  
5 pounds whole leg of lamb  
1 teaspoon coarse sea salt

## Directions

In a small bowl, combine the honey, mustard, rosemary, ground black pepper, lemon zest and garlic. Mix well and apply to the lamb. Cover and marinate in the refrigerator overnight.

Preheat oven to 450 degrees F (230 degrees C).

Place lamb on a rack in a roasting pan and sprinkle with salt to taste.

Bake at 450 degrees F (230 degrees C) for 20 minutes, then reduce heat to 400 degrees F (200 degrees C) and roast for 55 to 60 more minutes for medium rare. The internal temperature should be at least 145 degrees F (63 degrees C) when taken with a meat thermometer. Let the roast rest for about 10 minutes before carving.

# Dragan's Leg of Lamb with Garlic and Beer

## Ingredients

1 pound new potatoes  
12 ounces baby carrots  
1 (5 pound) leg of lamb  
30 cloves garlic, peeled  
salt and pepper to taste  
1/4 cup coarse-grain brown mustard  
1 cup beer

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Bring a large pot of water to a boil. Add the potatoes and carrots; boil for about 3 minutes. Drain and set aside.

Rinse the leg of lamb and pat dry. Place it in a roasting pan and season generously with salt and pepper. Rub the salt and pepper into the meat. Use a small knife to make incisions big enough for a garlic clove to fit in all over the leg. Stuff the garlic cloves into the holes. Spoon the mustard over the lamb and rub it in as well.

Roast, uncovered, in the preheated oven for about 30 minutes. Reduce the oven temperature to 375 degrees F (190 degrees C). Add the potatoes and carrots to the roasting pan. Baste the lamb with beer, reserving the rest for basting at 20 minute intervals.

Continue to roast the lamb until the internal temperature reaches at least 140 degrees F (60 degrees C) for medium rare, about 1 1/2 hours longer. Remove from the oven and allow to rest for at least 5 minutes before carving. Spoon the pan drippings over the meat and vegetables when serving.

# LIZZY217's Lamb Gyros

## Ingredients

1/4 cup vegetable oil  
2 tablespoons lemon juice  
2 tablespoons brandy  
1 clove garlic, crushed  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon dried marjoram  
1/8 teaspoon ground dried thyme  
1/8 teaspoon ground dried rosemary  
1/8 teaspoon dried oregano  
1 pound boneless lamb shoulder, cut into 1-inch cubes

1 cup plain yogurt  
1/2 cucumber, shredded  
1 clove garlic, minced  
1 tablespoon lemon juice  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
4 (10 inch) bamboo skewers, soaked in water for 20 minutes

8 pocket bread rounds  
1 tomato, sliced  
1/2 red onion, thinly sliced  
1 cup shredded lettuce  
1/2 cup crumbled feta cheese (optional)

## Directions

Whisk together the vegetable oil, 2 tablespoons lemon juice, brandy, crushed garlic, 1 teaspoon salt, 1/2 teaspoon black pepper, marjoram, thyme, rosemary, and oregano in a bowl, and pour into a resealable plastic bag. Add the cubed lamb, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 12 to 24 hours.

Once the meat has finished marinating, remove from the refrigerator, and allow to stand at room temperature for 1 hour. While the meat is warming up, prepare the tzatziki sauce by whisking together the yogurt and cucumber in a mixing bowl along with 1 clove of minced garlic, 1 tablespoon lemon juice, 1 teaspoon salt, and 1/4 teaspoon pepper. Wrap the sauce with plastic wrap, and refrigerate until ready to use.

Preheat the oven's broiler and set the oven rack about 4 inches from the heat source. Remove the lamb cubes from the marinade, and squeeze off excess. Discard the remaining marinade. Spray a broiling pan with cooking spray, thread the meat onto the skewers, and place the skewers onto the prepared pan.

Broil under the preheated broiler to your desired degree of doneness, turning every few minutes so the meat cooks evenly. It should take about 10 minutes to cook the meat to medium-well.

To assemble the sandwiches, cook each pocket bread in a microwave on high until hot, 20 to 30 seconds each. Split each piece in half, and open up the pockets. Divide the tomato and onion slices among the pocket bread halves. Stuff with shredded lettuce, then fill with the broiled lamb. Sprinkle with crumbled feta cheese, and top with the tzatziki sauce to serve.

# Lamb L'Arabique

## Ingredients

2 tablespoons olive oil, divided  
2 pounds lamb shanks  
1 large onion, quartered  
4 cloves garlic, chopped  
6 cups roma (plum) tomatoes, chopped  
1 (15 ounce) can chickpeas (garbanzo beans), drained  
1 cup cooked lentils  
1 tablespoon ground cumin  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/8 teaspoon crushed red pepper flakes  
1 teaspoon finely chopped green chile peppers  
1 dash hot pepper sauce

## Directions

Heat 1 tablespoon oil in a large skillet over medium-high heat. Saute lamb shanks until lightly browned, then remove them from skillet and place in a deep casserole dish. Saute onion and garlic in skillet until tender, then stir in tomatoes, chickpeas and lentils. Season mixture with cumin, cinnamon, nutmeg, red pepper flakes, chile peppers and hot pepper sauce. Mix well and allow flavors to blend over medium heat, for about 3 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Remove browned shanks from casserole for a moment; transfer vegetable mixture from skillet to casserole dish, then replace shanks on top of vegetable mixture.

Cover dish and bake at 375 degrees F (190 degrees C) for 2 hours, or until lamb is cooked through and receding from the bone.

# Lamb Stew with Green Beans

## Ingredients

3 tablespoons olive oil  
1 large onion, chopped  
1 stalk celery, chopped  
3 pounds boneless lamb shoulder,  
cut into 2 inch pieces  
1 (8 ounce) can tomato sauce  
3 cups hot water  
2 pounds fresh green beans,  
trimmed  
1 tablespoon chopped fresh  
parsley  
1/2 teaspoon dried mint  
1/2 teaspoon dried dill weed  
1 pinch ground cinnamon  
1 pinch white sugar  
salt and pepper to taste

## Directions

Heat oil in a large pot over medium heat. Saute onion and celery until golden. Stir in lamb, and cook until evenly brown. Stir in tomato sauce and water. Reduce heat, and simmer for about 1 hour.

Stir in green beans. Season with parsley, mint, dill, cinnamon, sugar, salt and pepper. Continue cooking until beans are tender.

# Lamb and Potato Skillet

## Ingredients

1 tablespoon vegetable oil  
1 leek, chopped  
1 cup chopped fresh mushrooms  
1 pound ground lamb  
1 clove garlic, minced  
3/4 cup beef broth  
1 tablespoon chopped fresh dill  
1/2 teaspoon garlic and herb seasoning blend  
1/4 teaspoon ground black pepper  
1/4 teaspoon onion powder  
1 bay leaf  
3 cups chopped potatoes  
1 (6.5 ounce) can tomato sauce  
1/2 head cabbage, cored and shredded

## Directions

Heat oil in a skillet over medium heat. Stir in leeks and mushrooms until they begin to soften, about 8 minutes. Crumble lamb into skillet, add garlic, and cook, stirring occasionally, until lamb loses its pink color, about 8 minutes. Drain liquid from pan.

Stir in broth, dill, garlic and herb seasoning blend, pepper, onion powder, bay leaf, and potatoes. Bring to a boil, then reduce heat to low. Cover and simmer until potatoes are almost tender, about 12 minutes. Add tomato sauce and shredded cabbage. Increase heat to medium and simmer, covered, until cabbage is cooked and potatoes are tender, 5 to 7 minutes.

Remove bay leaf and serve.

# Diced Lamb with Roasted Vegetables and

## Ingredients

1 sprig fresh rosemary, chopped  
1/4 cup chopped fresh mint leaves  
1 hot chile pepper, minced  
1 clove garlic, minced  
2 limes, juiced  
6 tablespoons olive oil, divided  
salt and pepper to taste  
3/4 pound boneless lamb, cut into 1/2-inch cubes  
1 eggplant, peeled and cubed  
1 red bell pepper, cut into 1 inch pieces  
1 yellow bell pepper, cut into 1 inch pieces  
2 green onions, chopped  
1 tablespoon butter  
1 (10 ounce) box couscous  
1 1/2 cups boiling water  
1 lime, juiced

## Directions

Combine rosemary, mint, chile pepper, garlic, the juice from 2 of the limes, 2 tablespoons of the olive oil, and salt and pepper to taste. Add the lamb and coat well with the marinade; marinate at least 1 hour and up to overnight in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C).

Combine the eggplant, red and yellow peppers, and onions with 3 tablespoons olive oil; toss to coat. Place vegetables on a large baking sheet in a single layer and roast until tender, about 20 minutes.

Heat 1 tablespoon olive oil in skillet over medium heat. Remove lamb from marinade (discard marinade); cook and stir until no longer pink, about 10 minutes.

Meanwhile, melt butter in a small saucepan over medium heat. Add couscous; stir briefly to coat well. Add water; cook and stir until just boiling. Cover; set aside until all the water is absorbed, about 10 minutes. Fluff couscous with a fork, and stir in the juice of 1 lime.

Serve lamb and vegetables over couscous.

# Leg of Lamb

## Ingredients

1 (3 pound) leg of lamb  
5 cloves garlic, minced  
1 teaspoon salt  
1 teaspoon pepper  
1/4 teaspoon ground thyme  
1/4 teaspoon garlic powder  
1/4 cup all-purpose flour

## Directions

Cut five slits in the meat; insert garlic. Combine salt, pepper, thyme and garlic powder; rub over meat. Place on a rack in a roasting pan. Broil 5-6 in. from the heat until browned; turn and brown the other side. Turn oven to 350 degrees F. Add 1/2 cup water to pan. Cover and bake for 25 minutes per pound or until internal temperature reaches 160 degrees F for medium or 170 degrees F for well-done. Remove to carving board and keep warm. Pour pan drippings into a large measuring cup, scraping brown bits. Skim fat; reserving 1/4 cup in a saucepan; add flour. Add water to drippings to equal 2 cups; add all at once to flour mixture. Bring to a boil; cook and stir until thickened and bubbly. Cook and stir 1-2 minutes more. Slice lamb and serve with gravy.

# Southwestern Grilled Lamb

## Ingredients

1 cup salsa  
1/2 cup chopped onion  
1/4 cup molasses  
1/4 cup fresh lime juice  
1/4 cup chicken broth  
2 garlic cloves, minced  
1 tablespoon chopped seeded  
jalapeno peppers  
2 teaspoons sugar  
4 lamb chops (1 inch thick)  
Sour cream

## Directions

In a saucepan, combine the first eight ingredients. Simmer, uncovered, for 15-20 minutes. Meanwhile, grill lamb chops, turning once, over medium coals for 10-14 minutes for rare, 14-16 minutes for medium or 16-20 minutes for well-done. Brush with sauce during the last few minutes of grilling. Serve with sour cream.

# Lamb, Carrot, and White Bean Curry Stew

## Ingredients

- 1 pound ground lamb
- 1 onion, grated
- 1 egg
- 3 tablespoons minced fresh dill
- 1/4 cup minced fresh cilantro
- 2 teaspoons coarse salt
- 1 tablespoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1/4 cup olive oil
- 1 (8 ounce) package baby carrots
- 2 (15.5 ounce) cans cannellini beans
- 1 cup water
- 1 tablespoon sour cream

## Directions

Mix together the ground lamb, onion, egg, dill, cilantro, salt, cumin, turmeric, cinnamon, and pepper in a bowl until evenly incorporated.

Heat the olive oil in a skillet over medium-high heat. Crumble the lamb mixture into the skillet and cook until no longer pink, 5 to 10 minutes. Add the carrots to the mixture; reduce heat to medium. Pour in the contents of the 2 cans of beans and the water; stir. Simmer mixture 25 minutes. Stir the sour cream through the mixture; cook until the liquid thickens, 5 to 10 minutes.

# Aussie Barbequed Boneless Leg of Lamb

## Ingredients

1 cup vegetable oil  
1/2 cup distilled white vinegar  
2 cloves garlic, minced  
1 tablespoon salt  
1/2 teaspoon ground black pepper, or to taste  
1 (3 pound) boneless leg of lamb, trimmed of fat  
B  
1/2 cup water  
1/2 cup lemon juice  
3/4 cup vegetable oil  
2 1/2 cups tomato puree  
2 cups chopped onion  
2 tablespoons distilled white vinegar  
2 teaspoons hot pepper sauce (e.g. Tabasco, etc.)  
1 teaspoon minced hot green chile peppers  
2 cloves garlic, minced  
1 tablespoon dry mustard powder  
1 teaspoon salt

## Directions

Whisk together 1 cup of vegetable oil, 1/2 cups of vinegar, 2 cloves minced garlic, 1 tablespoon salt, and black pepper in a bowl; pour into a resealable plastic bag. Add the trimmed lamb leg, coat with the marinade, squeeze out excess air, and seal the bag. Marinate at room temperature for 2 hours.

Meanwhile, stir together the water, lemon juice, 3/4 cup of vegetable oil, tomato puree, onion, 2 tablespoons of vinegar, hot sauce, minced chile, 2 cloves minced garlic, mustard powder, and 1 teaspoon of salt in a large saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, and simmer 30 minutes until the onions have softened and the sauce has thickened.

Preheat an outdoor grill for medium-low heat, and lightly oil grate.

Remove lamb from marinade, and shake off excess. Discard remaining marinade. Cook on the preheated grill 1 1/2 to 2 hours, turning and basting frequently with the hot barbeque sauce.

# Mike's BBQ Chili and Honey Lamb Marinade

## Ingredients

2 cloves garlic, minced  
1 tablespoon coarse-grain mustard  
1 teaspoon grated lemon zest  
2 tablespoons lemon juice  
2 tablespoons honey  
2 teaspoons curry powder  
1 teaspoon Asian chile paste  
1 teaspoon ground turmeric

## Directions

In a glass bowl, stir together the garlic, mustard, lemon zest, lemon juice, honey, curry powder, chile paste and turmeric. Rub into any cut of lamb, and marinate for at least 3 hours before cooking as desired.

# Mint-Tomato Sauce for Lamb

## Ingredients

2/3 cup extra-virgin olive oil  
1/4 cup white wine vinegar  
1 teaspoon salt  
freshly ground black pepper to taste  
2 teaspoons Dijon mustard  
1/2 teaspoon white sugar, or to taste  
1/3 cup chopped fresh mint  
2 plum tomatoes, chopped

## Directions

Whisk together the olive oil, vinegar, salt, pepper, Dijon mustard, and sugar in a large bowl. Stir in the mint and tomatoes.

# Leg o' Lamb with Lemon and Rosemary

## Ingredients

1 (6 pound) leg of lamb, at room temperature  
1/4 cup butter, softened  
6 cloves garlic, halved  
4 sprigs fresh rosemary, chopped  
1/2 teaspoon freshly ground black pepper  
1 (6 ounce) can frozen lemonade concentrate, thawed  
1 (1 ounce) package dry onion and mushroom soup mix

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Spread butter generously over the lamb, and distribute garlic clove halves over the meat. Sprinkle with rosemary and pepper. Place the lamb on a rack inside a roasting pan.

Roast the lamb in the preheated oven for 1 hour.

Mix the lemonade concentrate and dry soup mix together in a bowl, pour over the lamb, and roast an additional 30 minutes. A meat thermometer inserted into the thickest part of the lamb should read 120 degrees F/58 degrees C for medium-rare or 145 degrees F/68 degrees C for medium-well. Allow the roast to stand for about 20 minutes before slicing.

# Butter Lamb Gravy

## Ingredients

2 pounds boneless lamb shoulder, cut into 1 inch pieces  
1/2 teaspoon garam masala  
salt to taste  
2 tablespoons butter, divided  
1 onion, chopped  
1/2 teaspoon ground turmeric (optional)  
1/2 teaspoon minced ginger  
1/2 teaspoon minced garlic  
1/2 teaspoon chili powder  
1 tablespoon tomato paste  
1 cup water  
1/2 cup creme fraiche  
1 tablespoon honey  
1 cup chopped fresh cilantro

## Directions

Season the lamb with garam masala and salt. Heat 1 tablespoon of butter in a large skillet over medium heat. Fry the lamb cubes until browned, stirring constantly. Remove from the skillet and set aside.

Melt the remaining butter in the same skillet over medium heat. Add the onion and season with turmeric, ginger, and garlic. Cook and stir until the onion is tender and spices are fragrant. Stir in the chili powder and tomato paste until well blended, then stir in the water. Bring to a simmer and return lamb to the skillet. Simmer over low heat for about 20 minutes, or until lamb is tender.

When the lamb is cooked, stir in the creme fraiche and honey. Transfer to a serving dish and garnish with cilantro.

# Irish-Style Lamb Stew

## Ingredients

1 pound cubed lamb meat  
1 large onion, halved and sliced  
1 pound baking potatoes, peeled and sliced  
1 carrot, peeled and sliced  
1 large stalk celery, sliced  
2 tablespoons chopped fresh parsley  
salt and pepper to taste  
2 cups beef stock  
1 tablespoon chopped fresh parsley, for garnish

## Directions

Preheat the oven to 325 degrees F (165 degrees C).

Layer the lamb meat, onion, potatoes, carrot and celery in an oven proof pot or casserole dish. Season each layer with parsley, salt and pepper as you go. Pour in the beef stock and cover tightly.

Bake for 1 1/2 to 2 hours in the preheated oven, until vegetables and meat are very tender. Divide into bowls and garnish with additional parsley.

# Lamb and Bulgur Soup (Shorba Freek)

## Ingredients

1 tablespoon olive oil  
3/4 pound lamb shoulder with bones, cut into pieces  
1 small onion, diced  
2 cloves garlic, chopped  
2 cinnamon sticks  
1 cup canned garbanzo beans, drained  
1 (14.5 ounce) can whole peeled tomatoes with juice  
1/4 cup bulgur (cracked wheat), uncooked  
7 cups water  
salt and pepper to taste  
1/4 cup chopped fresh parsley  
1/2 teaspoon dried mint

## Directions

Heat oil in a stock pot over medium-high heat. Add the lamb, onion, garlic, and cinnamon. Season lightly with salt and pepper. Cook stirring frequently, until meat is browned and onions are almost tender. Pour in water and garbanzo beans, and bring to a boil.

Simmer over low heat for 45 minutes to an hour, skimming the scum from the top occasionally. Meanwhile, pour the tomatoes into a blender or food processor, and puree until smooth.

When the meat is tender, remove the pieces with a slotted spoon. Remove the fat and bones from the meat, and return it to the pot. Discard the fat and bones. Remove cinnamon sticks. Add the tomato puree and bulgur wheat. Simmer for about 10 minutes, or until the bulgur is puffed and tender.

Transfer to a soup tureen, and garnish with parsley and mint before serving.

# Braised Lamb Shank with Vegetables

## Ingredients

7 (1 pound) lamb shanks  
2 tablespoons vegetable oil  
water to cover  
1 1/2 pounds potatoes, peeled and diced  
1 1/2 pounds carrots, peeled and diced  
1 1/2 pounds onions, peeled and diced  
1 ounce all-purpose flour  
2 ounces butter, melted

## Directions

Heat oil in a large saucepan over medium high heat. Brown shanks in oil, about 20 minutes. Add water to cover, reduce heat to low and simmer for about 1 hour.

Add potatoes, carrots and onions and simmer for about 1 hour. In a small bowl blend flour into melted butter to make a roux, then stir this into simmering dish to thicken.

# Rosemary Braised Lamb Shanks

## Ingredients

6 lamb shanks  
salt and pepper to taste  
2 tablespoons olive oil  
2 onions, chopped  
3 large carrots, cut into 1/4 inch rounds  
10 cloves garlic, minced  
1 (750 milliliter) bottle red wine  
1 (28 ounce) can whole peeled tomatoes with juice  
1 (10.5 ounce) can condensed chicken broth  
1 (10.5 ounce) can beef broth  
5 teaspoons chopped fresh rosemary  
2 teaspoons chopped fresh thyme

## Directions

Sprinkle shanks with salt and pepper. Heat oil in heavy large pot over medium-high heat. Working in batches, cook shanks until brown on all sides, about 8 minutes. Transfer shanks to plate.

Add onions, carrots and garlic to pot and saute until golden brown, about 10 minutes. Stir in wine, tomatoes, chicken broth and beef broth. Season with rosemary and thyme. Return shanks to pot, pressing down to submerge. Bring to a boil, then reduce heat to medium-low. Cover, and simmer until meat is tender, about 2 hours.

Remove cover from pot. Simmer about 20 minutes longer. Transfer shanks to platter, place in a warm oven. Boil juices in pot until thickened, about 15 minutes. Spoon over shanks.

# White Bean and Lamb Soup

## Ingredients

1/2 pound dried great Northern beans, sorted and rinsed  
1 onion, chopped  
3 tablespoons olive oil  
3 cloves garlic, chopped  
1 1/4 pounds ground lamb  
3 carrots, peeled and diced  
3 stalks celery, diced  
1 1/2 cups canned roma tomatoes, with liquid  
1/4 cup chopped fresh parsley  
1 teaspoon dried thyme  
1/2 teaspoon dried oregano  
fresh ground black pepper  
salt to taste  
6 cups chicken broth  
1/2 pound baby spinach leaves  
4 ounces feta cheese, crumbled

## Directions

Soak the dried beans in water overnight. After soaking, drain off remaining water, and rinse.

In a large stockpot, cook the onion in oil over low heat until just beginning to soften, about 4 minutes. Stir in garlic, and cook for 1 minute. Increase the heat to medium, and add lamb; cook for 3 to 4 minutes. Stir in carrots and celery, and cook for 1 minute. Stir in tomatoes, and season with parsley, thyme, oregano, and with freshly ground pepper and salt to taste. Add beans and broth to the pot. Bring to a boil, boil for 5 minutes, then reduce heat to medium-low. Simmer, covered, for 1 1/2 hours, or until beans are tender.

Rinse spinach, and then place in a saucepan. Place over medium heat, and cook until wilted. This will only take a short time, and you will not need to add more liquid to the pan.

Top each serving of soup with wilted spinach and crumbled feta cheese.

# Cassandra's Yummy Lamb Chops

## Ingredients

2 lamb chops  
2 bulbs roasted garlic  
1/2 teaspoon dried thyme  
salt and ground black pepper to taste  
1 1/2 cups olive oil for marinating  
1 cup red wine  
3 tablespoons olive oil  
1 small onion, chopped

## Directions

Place lamb chops in a shallow dish, and smear both sides with roasted garlic. Season with thyme, salt, and pepper. Cover with 1 1/2 cups olive oil, and refrigerate overnight.

Remove chops and marinade from dish, and scrape off the oil, which will have partially solidified in the refrigerator. Place the chops back in the dish, and cover with red wine. Refrigerate for 4 hours.

Heat 3 tablespoons olive oil in a large heavy skillet over medium-high heat. Saute chopped onion until tender. Place the lamb chops into the skillet, cover, and cook for 8 to 10 minutes on each side.

# Rosemary Pesto-Crusted Lamb Steaks

## Ingredients

1/3 cup chopped fresh parsley  
1 1/2 tablespoons chopped fresh rosemary  
1 clove garlic, chopped  
2 tablespoons grated Parmesan cheese  
1 tablespoon olive oil  
1/3 cup dry bread crumbs  
salt and pepper to taste  
1 egg, beaten  
2 (3 ounce) boneless lamb rump steaks  
2 tablespoons olive oil

## Directions

Puree the parsley, rosemary, garlic, Parmesan cheese, 1 tablespoon olive oil, and bread crumbs in a blender until smooth. Season to taste with salt and pepper; set aside. Brush the lamb steaks on one side with the beaten egg. Spread the rosemary pesto onto the egg-coated side of the lamb, coating liberally.

Heat the remaining 2 tablespoons of olive oil in a skillet over medium heat. Place the lamb steaks into the pan, pesto-side down. Cook 3 to 4 minutes until the pesto mixture has lightly browned. Turn the steaks over, and continue cooking until done to your desired degree of doneness, 3 to 4 minutes for medium.

# Lamb Kebabs with Kahlua Peanut Sauce

## Ingredients

### Kebabs:

2 pounds boned leg of lamb  
4 cloves garlic  
2 cups tomato juice  
1 tablespoon cumin powder  
Salt and pepper  
2 red peppers  
2 green peppers  
16 button mushrooms

### Kahlua Peanut Sauce:

2 small onions  
1 tablespoon olive oil  
2 cloves garlic  
1/2 teaspoon cayenne pepper  
1/2 teaspoon cumin powder  
3/4 cup tomato juice  
3/4 cup Kahlua  
8 ounces crunchy peanut butter  
1/2 cup chicken stock  
Salt and pepper

## Directions

Cut the lamb into 1 inch cubes. Crush the garlic cloves and add to the tomato juice. Season with the salt and pepper and cumin powder. Marinate the lamb cubes overnight.

Drain lamb cubes and wash and remove the seeds from the pepper and cut into 1 inch squares. Thread the lamb, green and red peppers and mushrooms alternately onto 8 kebab skewers. Brush with oil and grill slowly until the lamb is just cooked through.

Prepare the Kahlua Peanut Sauce: Peel and finely chop the onions. Saute in the oil with the crushed garlic. Add the cayenne pepper and cumin powder and cook gently for 1 to 2 minutes more. Add the tomato juice, Kahlua, peanut butter and stock. Simmer over a low heat for 10 minutes, stirring from time to time.

Serve cooked kebabs on a bed of rice with the Kahlua Peanut Sauce.

# Lamb Ribs with Honey and Wine

## Ingredients

- 3 1/2 pounds lamb ribs
- 2 onions, chopped
- 2 teaspoons minced garlic
- 3 teaspoons honey
- 3 teaspoons olive oil
- 1/4 cup soy sauce
- 1 cup dry white wine
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1/4 cup fresh lemon juice
- 1 teaspoon ground cinnamon

## Directions

To Marinate: Place lamb in a 9x13 inch baking dish. In a small bowl combine the onions, garlic, honey, oil, soy sauce, wine, pepper, salt, lemon juice and cinnamon. Mix well and pour mixture all over lamb. Cover and refrigerate to marinate for 1 hour.

Preheat oven to 400 degrees F (200 degrees C).

Bake in the preheated oven for 70 minutes or until cooked through.

# Braised Lamb Shanks

## Ingredients

2 large white onions, chopped  
4 lamb shanks  
2 cups dry red wine  
1 cup balsamic vinegar  
1/3 cup olive oil  
4 cloves garlic, pressed  
2 lemons, quartered  
2 (14.5 ounce) cans diced tomatoes  
1 bunch fresh basil, chopped  
1 tablespoon kosher salt  
1 tablespoon cracked black pepper

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the onions in a layer in the bottom of a Dutch oven or medium roasting pan with a lid. Arrange the lamb shanks on top of the onions. Pour the wine, balsamic vinegar and olive oil over the lamb. Place a clove of pressed garlic next to each shank, and a quarter of a lemon on each side. Pour the tomatoes over everything, then season with salt, pepper and basil.

Cover and place in the preheated oven. Cook for 3 hours. Use juices from the pan to make a nice flavorful gravy.

# Easy Lamb Shawarma

## Ingredients

2 cups plain yogurt  
1/4 cup distilled white vinegar  
1/4 cup olive oil  
3 tablespoons lemon juice  
3 cloves garlic, minced  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon dried oregano  
2 bay leaf  
3 1/2 pounds boneless leg of lamb, trimmed of fat, and cut into thin strips  
2 tablespoons olive oil  
  
8 (8 inch) pita bread rounds  
2 tomatoes, thinly sliced  
1 onion, thinly sliced  
1/2 bunch fresh mint leaves

## Directions

Whisk together the yogurt, vinegar, 1/4 cup of olive oil, lemon juice, garlic, cinnamon, nutmeg, oregano, and bay leaf in a bowl, and pour into a resealable plastic bag. Add the thinly sliced lamb, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 6 hours to overnight.

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Pour in the meat and marinade, and cook until the lamb is no longer pink, and is tender, 15 to 20 minutes. Stir frequently as the meat cooks. Divide the cooked lamb meat among the warmed pita breads, and garnish with tomatoes, onion, and fresh mint leaves to serve.

# Lamb Braised with Quince (Kidonato)

## Ingredients

2 tablespoons olive oil  
2 pounds boneless lamb shoulder,  
cut into serving-size pieces  
2 tablespoons butter  
1 onion, diced  
1 cup water  
salt and pepper to taste  
1 teaspoon ground cinnamon  
2 tablespoons white sugar  
4 quinces - washed, cored, and  
quartered

## Directions

Heat the olive oil until smoking over medium-high heat. Add the lamb and sear until well browned on all sides, then set aside. Reduce heat to medium, then stir in butter and onions, and cook until the onion has softened and turned translucent.

Pour in water, then season with salt, pepper, cinnamon, and sugar. Add seared lamb pieces, and quartered quince. Cover and bring to a simmer.

Simmer the kidonato over medium-low heat for 1 hour, or until the lamb is tender, adding additional water if needed.

# Braised Lamb Kahlua

## Ingredients

2 pounds boneless lamb stew meat  
2 tablespoons flour  
1 teaspoon paprika  
1 teaspoon onion powder  
2 tablespoons oil for browning  
1/2 cup Kahlua  
1/4 cup water  
2 tablespoons red wine vinegar  
1 clove garlic, pressed  
1 1/4 teaspoons salt  
1/2 teaspoon rosemary, crumbled  
1/4 teaspoon pepper  
1/2 pound fresh mushrooms  
2 tablespoons thinly sliced green onion  
Lemon wedges for garnish

## Directions

Cut lamb into 2 inch cubes, removing any fat. Reserve any trimmings for browning meat.

Combine flour, paprika and onion powder and add to meat and toss until coated.

Heat lamb fat trimmings in a large skillet to render fat. Add oil, if needed, to measure 2 tablespoons and brown meat well.

Meanwhile, combine Kahlua, water, vinegar, garlic, salt, rosemary and pepper. When meat is browned, discard any fat remaining in skillet. Add Kahlua mixture to meat. Bring to boil, cover and turn heat low. Simmer 1 1/2 to 1 3/4 hours, or until meat is tender. Cut mushrooms in halves and add to the skillet in last 5 minutes as meat cooks.

Remove lamb and mushrooms to heated serving platter. Skim off any excess fat from sauce. Pour over the lamb, or serve on the side. Garnish with sliced green onion and lemon wedges. Serve with rice, if desired.

# Dry Spice Rub for Lamb or Beef

## Ingredients

1 teaspoon paprika  
1 1/2 teaspoons dried thyme  
1 1/2 teaspoons dried basil  
3/4 teaspoon cumin  
2 tablespoons curry powder  
(optional)

## Directions

Mix together the paprika, thyme, basil, cumin, and curry powder, if desired, in a small bowl. When ready to use, evenly sprinkle a light coating onto lamb or beef and pat into surface of the meat. For the most flavorful results, season meat and place in a resealable plastic bag; refrigerate 2 hours before cooking.

# Lemon and Thyme Lamb Chops

## Ingredients

1/2 cup olive oil  
1/4 cup lemon juice  
1 tablespoon chopped fresh  
thyme  
salt and pepper to taste  
12 lamb chops

## Directions

Stir together olive oil, lemon juice, and thyme in a small bowl. Season with salt and pepper to taste. Place lamb chops in a shallow dish, and brush with the olive oil mixture. Marinate in the refrigerator for 1 hour.

Preheat grill for high heat.

Lightly oil grill grate. Place lamb chops on grill, and discard marinade. Cook for 10 minutes, turning once, or to desired doneness.

# Rob's Lamb Curry Pie

## Ingredients

### Filling:

3 tablespoons olive oil  
3 cloves garlic  
1 (3/4 inch thick) slice fresh ginger root, coarsely chopped  
1 tablespoon red curry paste  
1/2 cup fresh cilantro leaves  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
1/2 teaspoon cayenne pepper  
1/4 teaspoon ground cinnamon  
3 red onions, chopped  
1 eggplant, chopped  
3/4 cup chopped celery  
1 large red bell pepper, chopped  
3 cups diced leftover roast lamb

### Sauce:

1 1/2 cups milk  
3 tablespoons butter  
1/2 cup sweet white wine  
3 tablespoons all-purpose flour  
salt to taste

### Crust:

1 cup all-purpose flour  
1/2 teaspoon salt  
1 tablespoon curry powder  
6 tablespoons shortening  
3 tablespoons cold water, or as needed

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a large pie plate or baking dish.

Place olive oil, garlic, ginger, curry paste, cilantro, cumin, turmeric, cayenne pepper, and cinnamon into the work bowl of a food processor, and process into a paste. Place the curry paste into a large mixing bowl, and stir with red onions, eggplant, celery, and red bell pepper to coat all the vegetables with curry mixture. Turn the vegetables into a large skillet over medium heat, and cook and stir until the vegetables are tender, about 7 minutes. Stir in the cooked lamb, and cook and stir until the lamb is hot and coated with spice mixture, 2 to 3 more minutes. Turn off the heat under the skillet.

Heat milk, butter, and wine in a saucepan over medium heat until the mixture is hot but not boiling, and the butter is melted. Whisk 3 tablespoons of flour into the hot milk mixture, and cook, whisking constantly, until the sauce has thickened. Turn the heat under the skillet of lamb and vegetables to medium, and cook and stir until hot, about 2 minutes; pour the sauce into the lamb and vegetables, and stir to combine. Season to taste with salt, and pour the hot filling into the prepared pie plate.

To make crust, mix together 1 cup flour, 1/2 teaspoon of salt, and curry powder in a bowl until thoroughly combined. Cut in the shortening with a pastry cutter until the mixture resembles coarse crumbs. Sprinkle with water, and stir gently until the dough just comes together. Form into a rough ball, place on a floured work surface, and roll out into a crust to fit the pie dish. Lay the crust over the dish and lamb filling, crimp it to the dish with a fork, and cut several slits in the top of the crust.

Bake in the preheated oven until the crust is golden brown and the filling is hot, about 35 minutes. Let cool 7 to 10 minutes before serving.

# Southwestern Lamb Chops

## Ingredients

1 cup orange juice  
2 jalapeno peppers, seeded and finely chopped\*  
1 teaspoon ground cumin  
1/2 teaspoon salt  
Dash pepper  
3/4 cup halved, sliced sweet onion  
4 teaspoons cornstarch  
1/4 cup cold water  
1 cup fresh orange sections  
2 tablespoons minced fresh cilantro  
8 lamb loin chops (1-inch thick)

## Directions

In a saucepan, combine orange juice, jalapeno, cumin, salt if desired and pepper. Cook over medium-high heat until mixture begins to simmer. Stir in onion.

Combine cornstarch and water until smooth; add to the sauce. Bring to a boil over medium heat; cook and stir for 2 minute or until thickened and bubbly. Remove from the heat. Stir in oranges and cilantro; keep warm.

Grill the lamb chops, covered, over medium-hot heat for 12-14 minutes, turning once, or until a meat thermometer reads 140 degrees F rare; 160 degrees F, medium-well; or 170 degrees F, well done. Serve with orange sauce.

# Lamb Cobbler

## Ingredients

3 cups self-rising flour  
2 teaspoons baking powder  
1/4 cup grated Parmesan cheese  
1/4 teaspoon salt  
1/4 cup butter  
7/8 cup milk

1/4 cup butter  
1 teaspoon garam masala  
(optional)  
1 tablespoon curry paste  
(optional)  
2 onions, finely chopped  
4 cloves garlic, crushed  
2 pounds minced leg of lamb  
3 dashes Worcestershire sauce  
2 tablespoons brandy  
2 tablespoons port wine  
salt and pepper to taste  
1 (10 ounce) package frozen green  
peas, thawed  
1 cup water  
1/4 cup all-purpose flour  
2 tablespoons milk  
3/4 cup grated Parmesan cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 2 quart casserole dish.

To Make Scone Topping: Combine flour, baking powder, 1/4 cup parmesan, and salt in a large bowl. Mix well. Cut in butter or margarine until mixture is crumbly. Add milk and stir just until dough forms a ball.

Turn dough onto a floured surface and knead until smooth. Roll out to 1 inch thick and cut out 12 4-inch circles. Place circles on a lightly floured plate or baking sheet and set aside in refrigerator.

To Make Filling: Heat a large skillet over medium heat. Melt 1/4 cup butter or margarine. If using garam masala and curry paste, add them now. Add onions to pan and stir gently. Saute onions until soft, about 3 minutes. Add garlic and saute for 5 more minutes, taking care not to burn garlic.

Add lamb, Worcestershire sauce, brandy, port, and salt and pepper. Saute until lamb is cooked through, stirring frequently. Add peas to skillet and stir.

In a small bowl, whisk together water or red wine and 1/4 cup flour. Add to lamb mixture. Simmer for 5 minutes, stirring frequently.

Spread lamb mixture into greased casserole dish. Cover with circles of scone dough, letting circles just meet at the edges but leaving room for steam to escape. Brush dough with milk, then sprinkle with parmesan cheese.

Bake in preheated oven for 25 to 30 minutes or until scones are golden brown.

# Roast Leg of Lamb with Orange Juice and White

## Ingredients

1/2 cup orange juice  
1 cup white wine  
1/4 cup olive oil  
3 cloves garlic, minced  
2 tablespoons chopped fresh thyme  
2 tablespoons chopped fresh rosemary  
ground black pepper to taste  
1 (6 pound) bone-in leg of lamb, trimmed  
salt and black pepper

## Directions

Place orange juice, white wine, olive oil, garlic, fresh thyme and rosemary, and pepper into a blender; mix. Pour into a large, resealable plastic bag, and add the lamb. Coat meat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 hours or overnight.

Remove the lamb from the refrigerator at least 30 minutes before roasting. Pat dry with a paper towel. Generously salt and pepper both sides of the meat.

Preheat an oven to 425 degrees F (220 degrees C). Arrange two racks in the oven - a middle rack to hold the lamb, and a lower rack to hold a roasting pan to catch the drippings. Place the empty roasting pan in the oven while the oven is preheating.

Arrange meat directly on middle rack, fattiest side up so while the lamb cooks the fat will melt into the meat. Position roasting pan underneath meat to catch the drippings. Roast for 30 minutes, and then reduce heat to 300 degrees F (150 degrees C). Roast until an instant-read thermometer inserted into the center reads between 130 to 135 degrees F (54 to 57 degrees C), about 10 to 12 minutes per pound. Remove from oven, cover loosely with foil, and allow to rest for 10 to 15 minutes.

# Dale's Lamb

## Ingredients

2/3 cup lemon juice  
1/2 cup brown sugar  
1/4 cup Dijon mustard  
1/4 cup soy sauce  
1/4 cup olive oil  
2 cloves garlic, minced  
1 (1/2 inch) piece fresh ginger  
root, sliced  
1 teaspoon salt  
1/2 teaspoon ground black  
pepper  
1 (5 pound) leg of lamb, butterflied

## Directions

In a bowl, mix the lemon juice, brown sugar, Dijon mustard, soy sauce, olive oil, garlic, ginger, salt, and pepper. Place the lamb in a shallow container. Pour the lemon juice mixture over the lamb. Cover, and marinate in the refrigerator 8 hours or overnight.

Preheat an outdoor grill for medium heat. Drain marinade, and bring to a boil in a small saucepan. Reduce heat to low, and simmer, whisking constantly, until slightly thickened.

Lightly oil the grill grate. Over indirect heat, grill the lamb 40 to 50 minutes, turning to cook all sides, to a minimum internal temperature of 145 degrees F (63 degrees C). Cool, slice, and cover with the thickened marinade mixture to serve.

# Lamb Feta Peppers

## Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 6 medium green bell peppers
- 2 tablespoons chopped fresh dill
- 3/4 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1 cup cooked rice
- 8 ounces ground lamb
- 1 cup crumbled feta cheese
- 1 cup tomato sauce
- 1 cup cold water
- 1 tablespoon fresh lemon juice
- 1 teaspoon white sugar

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a medium skillet over medium heat, add onion and cook for four minutes until soft. Stir in garlic and cook one minute.

Slice tops off peppers and remove seeds. Stand peppers upright in a 9x12-inch baking dish.

In large bowl, combine onion mixture, dill, salt, allspice and pepper. Mix in rice and lamb, fold in feta cheese. Stuff peppers with mixture.

Mix tomato sauce with water, lemon juice and sugar. Pour half over peppers, and half over bottom of dish. Cover with foil.

Bake in the preheated oven for 45 minutes. Uncover and continue baking 15 minutes, basing occasionally with sauce, until a meat thermometer inserted in center of filling reads 160 degrees F (70 degrees C).

# Lamb Casserole

## Ingredients

2 sprigs fresh parsley  
2 sprigs fresh thyme  
2 bay leaves  
2 pounds lamb shank, cooked and diced  
1 pound cubed ham steak  
10 small onions  
5 tomatoes - blanched, peeled and chopped  
2 cloves garlic, chopped  
4 cups chicken stock  
2 (15 ounce) cans cannellini beans, drained and rinsed  
6 links pork sausage links, halved

## Directions

Tie the sprigs of parsley and thyme together with the bay leaves or place them in a cheesecloth and tie closed, because you will want to easily remove the herbs later. Place the herb bundle, lamb, ham, onion, tomato, garlic and stock in a large saucepan over medium-high heat.

Bring to a boil, reduce heat to low and simmer for about 1 hour. Stir in the beans and sausage and continue to simmer for about 15 minutes, or more if you want a thicker consistency.

# Muscat Gosht (Lamb in Spicy Tomato Gravy)

## Ingredients

2 1/4 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces  
3 onions, sliced  
1 3/4 cups chopped tomato  
1 2/3 tablespoons garlic paste  
1 2/3 tablespoons ginger paste  
1 tablespoon black peppercorns  
1 (3 inch) cinnamon stick  
1/4 cup dried chile de arbol peppers  
5 whole clove  
1 teaspoon black cardamom seeds  
9 tablespoons ghee (clarified butter)  
1 tablespoon salt

## Directions

Place a large wok or skillet over low heat. Combine the lamb, onion, tomato, garlic paste, ginger paste, peppercorns, cinnamon, dried peppers, cloves, cardamom seeds, and salt in the pan and stir; cover and cook until the mutton is tender, 30 to 35 minutes. Stir in the ghee. Cook until the sauce has thickened, 10 to 15 minutes.

# Lamb with Sauteed Veggies

## Ingredients

3 tablespoons olive oil, divided  
2 tablespoons Dijon mustard  
2 tablespoons balsamic vinegar  
2 teaspoons dried thyme  
2 garlic cloves, minced  
1/4 teaspoon salt  
1/4 teaspoon pepper  
12 (6 ounce) lamb loin chops (1-inch thick)  
1 medium sweet red pepper, thinly sliced  
2 small zucchini, thinly sliced  
1 medium Sweet Onion, thinly sliced

## Directions

In a small bowl, combine 2 tablespoons oil, mustard, vinegar, thyme, garlic, salt and pepper; set aside 1 tablespoon. Place the lamb chops on a broiler pan. Spread remaining mustard mixture over both sides of chops. Broil 4-6 in. from the heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Meanwhile, in a large skillet, saute the red pepper, zucchini and onion in remaining oil until crisp-tender. Stir in reserved mustard mixture; toss to coat. Serve with lamb chops.

# Maple Glazed Chipotle Goat Cheese Lamb

## Ingredients

1 head garlic  
1 pound ground lamb  
6 ounces soft goat cheese  
6 tablespoons minced chipotle peppers in adobo sauce  
2 sprigs chopped fresh rosemary  
2 tablespoons maple syrup  
1 1/2 teaspoons salt  
1/2 teaspoon cracked black pepper  
1 tablespoon olive oil  
2 tablespoons maple syrup  
4 ciabatta buns, split and toasted

## Directions

Preheat oven to 300 degrees F (150 degrees C). Cut the top off of the head of garlic, and place onto a small, oven safe dish.

Bake the garlic in the preheated oven until the cloves are soft and golden brown, about 1 hour. Remove from the oven, and cool. Once cool enough to handle, squeeze the roasted garlic into a mixing bowl. Add the lamb, goat cheese, chipotle peppers, rosemary, 2 tablespoons maple syrup, salt, and pepper; mix well. Form the mixture into 4 patties.

Heat the olive oil in a large skillet over medium-high heat. Sear the lamb patties for 1 minute on each side, then reduce the heat to medium-low, and continue cooking to your desired degree of doneness, about 2 minutes per side for medium-well. About 1 minute before the patties are ready, pour in the remaining 2 tablespoons of maple syrup, and allow it to thicken and glaze the burgers. Serve on toasted ciabatta buns.

# Lamb and Asparagus Stew

## Ingredients

3 tablespoons vegetable oil  
1 onion, chopped  
1/2 pound cubed lamb stew meat  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 tablespoon ground turmeric  
1/2 (6 ounce) can tomato paste  
1 cup water  
1 clove garlic, chopped  
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces

## Directions

Heat the vegetable oil in a saucepan over medium-high heat. Stir in the onions, and cook for 2 minutes, stirring constantly. Add the lamb, salt, pepper, and turmeric; cook and stir until the lamb is no longer pink on the outside, about 3 minutes. Stir in the tomato paste, water, and garlic. Bring to a simmer, then reduce the heat to medium-low, cover, and simmer until the lamb is tender, about 25 minutes.

Once the lamb is tender, stir in the asparagus, and continue cooking until the asparagus is tender, about 3 minutes.

# Lamb and Okra Stew

## Ingredients

2 tablespoons extra-virgin olive oil  
1/4 cup crushed garlic  
2 pounds cubed leg of lamb meat  
1 teaspoon ground cumin  
1 teaspoon chopped fresh mint  
1 teaspoon ground dried turmeric  
1 teaspoon chopped fresh rosemary  
2 (14.5 ounce) cans diced tomatoes, drained  
2 tablespoons tomato paste  
1 pound baby okra  
1 teaspoon lemon juice  
1 cup water

1 tablespoon butter  
1 cup thin egg noodles  
2 cups long grain rice  
2 cups chicken broth  
2 cups water  
1 pinch salt and pepper to taste  
1 teaspoon olive oil

## Directions

Heat olive oil in a large skillet over medium heat. Add the garlic, and cook until transparent. Add the cubed lamb, and cook until browned on all sides. Season with cumin, mint, turmeric and rosemary. Cook for another 5 minutes. Add the diced tomatoes, tomato paste and okra. Combine the lemon juice and water, and stir into the skillet. Cover, and simmer over low heat for 45 minutes.

Meanwhile, melt the butter in a saucepan over medium heat. Add the egg noodles, and saute until toasted. Pour in the chicken broth and water, and bring to a boil. Stir in rice, cover and simmer over low heat until the rice is tender, about 15 minutes. Season with salt and pepper and stir in olive oil before serving. Serve the lamb stew over the rice pilaf.

# Easy Roast Leg of Lamb

## Ingredients

1 (4 pound) leg of lamb, deboned and tied  
1 tablespoon ground black pepper  
1 teaspoon salt  
5 cloves garlic, cut into slivers  
2 sprigs fresh rosemary  
1 (15 ounce) can tomato sauce

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Rub the leg of lamb all over with salt and pepper. Use a small knife to make punctures in the lamb about 1 inch apart. Press slivers of garlic into each hole so that they are about 1/2 inch below the surface. Place the meat in a roasting pan. You can either remove the rosemary from the stalk and sprinkle and rub into the meat on all sides, or you can simply use the string from the lamb to secure against it. Pour the can of tomato sauce over the whole thing.

Bake for 45 minutes in the preheated oven, then lower the temperature to 325 degrees F (160 degrees C), and continue roasting until the internal temperature of the meat is at least 160 degrees F (70 degrees C), about 15 minutes. If you want the meat well done, wait until the internal temperature reaches 170 degrees F (75 degrees C).

# Greek Lamb Kabobs with Yogurt-Mint Salsa Verde

## Ingredients

### Lamb Skewers:

- 8 6-inch rosemary sprigs
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh thyme
- 1/3 cup extra virgin olive oil
- 1/4 cup sherry vinegar
- 1 teaspoon sea salt
- 1 teaspoon ground white pepper
- 1 1/2 pounds lamb tenderloin, cut into 2-inch pieces

### Salsa Verde:

- 1/4 cup fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1/3 cup Greek yogurt
- 1 crushed garlic clove
- 1/4 teaspoon sea salt
- 2 teaspoons chopped fresh mint
- 1 teaspoon chopped fresh oregano
- 1 teaspoon chopped fresh parsley
- 1 teaspoon small capers
- 1 anchovy filet

## Directions

Soak the rosemary skewers in water for 30 minutes. Meanwhile, whisk together the garlic, thyme, olive oil, sherry vinegar, salt, and pepper in a glass bowl. Toss the lamb pieces in the marinade, and allow to marinate at room temperature for 30 minutes. After the lamb has marinated, thread onto the rosemary sprigs.

While the lamb is marinating, prepare the salsa verde by placing the lemon juice, olive oil, yogurt, garlic, salt, mint, oregano, parsley, capers, and anchovy filet into the bowl of a blender. Blend until smooth, then pour into a serving dish and set aside.

Preheat an outdoor grill for medium heat.

Cook the lamb skewers, turning occasionally, until no longer pink, about 8 minutes. Serve with salsa verde.

# Nita's Lamb, Green Beans and Tomatoes

## Ingredients

1 tablespoon olive oil  
1 1/2 pounds lamb stew meat  
1 large onion, chopped  
2 pounds fresh green beans,  
washed and trimmed  
1 (15 ounce) can tomato sauce  
1 cup water  
salt and pepper to taste  
2 teaspoons chopped fresh mint  
leaves

## Directions

Heat oil in a large skillet over medium high heat. Add lamb and onion and cook until meat is browned; stir in beans and cook for about 10 minutes, stirring occasionally.

Stir in tomato sauce, water, salt, pepper and mint. Reduce heat to low, cover and simmer for about 1 hour or until cooked through and beans are tender.

# Greek Lamb Stew

## Ingredients

2 tablespoons olive oil  
1 pound lamb shoulder blade  
chops  
salt and pepper to taste  
1 large onion, chopped  
3 cloves garlic, minced  
1/2 cup dry red wine  
2 cups chopped tomatoes  
1 (15 ounce) can tomato sauce  
1 cup lamb stock  
1/2 lemon, zested and juiced  
1/2 teaspoon dried oregano  
1/2 teaspoon ground cinnamon  
1 bay leaf  
1 pound fresh green beans,  
trimmed  
1/4 cup chopped fresh parsley

## Directions

Heat the olive oil in a large, heavy bottomed pot over medium-high heat. Season the lamb with salt and pepper, add to the pot, and cook until deeply browned, about 5 minutes on each side. Stir in the onions and garlic, and cook until lightly browned, about 2 minutes.

Pour the wine into the pot, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the tomatoes, tomato sauce, lamb stock, lemon zest and juice, oregano, cinnamon, and bay leaf. Bring back to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lamb is very tender, about 1 1/2 hours. Stir in the green beans and cook until they are tender, about 20 additional minutes.

Remove the bay leaf and any bones from the stew. Garnish stew with chopped fresh parsley.

# Honeyed Lamb with Cider Gravy

## Ingredients

1 (5 pound) leg of lamb  
1/4 cup clover honey  
salt and black pepper to taste  
1 sprig fresh rosemary  
1 cup hard apple cider  
2 tablespoons honey

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a roasting pan with aluminum foil, letting enough foil hang from each side of the pan to create a foil tent that won't touch the meat.

Place leg of lamb into the foil-lined roasting pan. Warm up 1/4 cup of honey in a small saucepan over low heat, and brush the honey all over the lamb. Sprinkle with salt and black pepper to taste, and place the rosemary sprig onto the lamb. Pull the ends of the aluminum foil together over the lamb, and pinch the ends together to make a foil tent.

Roast lamb in the preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C) and continue roasting for about 1 hour.

Open up the foil and roast an additional 20 minutes to crisp the outside of the meat. For medium-rare, roast until a meat thermometer inserted into the thickest part reads 140 degrees F (60 degrees C.) Remove the lamb from the oven, and place on a warmed platter to rest about 15 minutes before slicing. Pour the drippings from the roasting pan into a saucepan, and wrap the lamb loosely in the foil to rest.

Pour hard cider and 2 tablespoons of honey into the saucepan with the lamb drippings, and boil over medium heat, stirring frequently, until the sauce reduces by about half, about 10 minutes. Slice the lamb and spoon sauce over the slices to serve.

# Mandy's Lamb Enchiladas

## Ingredients

2 pounds ground lamb  
1 onion, chopped  
1 (14.5 ounce) can diced tomatoes, drained  
1 (15.25 ounce) can red kidney beans, drained  
1 (8 ounce) package sliced fresh mushrooms  
1 (8 ounce) jar salsa  
12 (8 inch) flour tortillas  
2 cups shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute lamb and onion in a large skillet over medium high heat for 4 to 5 minutes; when lightly browned, stir in tomatoes, beans and mushrooms. Add 1/2 of the salsa and cook all together until heated through.

Spoon mixture onto tortillas, dividing evenly; roll up tortillas and place in a lightly greased 9x13 inch baking dish. Spread remaining salsa over the top and sprinkle with cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes, or until cheese is melted and bubbly.

# Mensaf (Jordanian Lamb Stew)

## Ingredients

4 tablespoons olive oil  
2 pounds boneless lamb shoulder,  
cut into 2 inch pieces  
8 cups water  
2 cups uncooked white rice  
1/4 cup pine nuts  
6 pita bread rounds  
1 cup salted goat's milk (jameed  
el-kasih)

## Directions

Place 1 tablespoon olive oil into a pressure cooker over medium-high heat. Add the lamb and cook until evenly browned on all sides. Remove the lamb. Add cooking rack; place lamb on rack. Pour in 4 cups water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove pressure cooker from heat, and allow pressure to drop on its own. Remove lamb, separate meat from bones, and keep warm. Discard bones. Pour pan broth into a bowl, and set aside.

Meanwhile, place remaining four cups water, 1 tablespoon olive oil, and rice into a saucepan; bring to a boil over medium-high heat. Stir, reduce heat, cover, and simmer until all moisture is absorbed, about 20 minutes.

Place remaining 2 tablespoons olive oil into a skillet over medium heat. Stir in the pine nuts; cook and stir until deep brown, about 5 minutes.

Pour 2 cups of the reserved broth into a large pan. Pour in the goat's milk. Add the lamb to the milk mixture. Simmer over medium heat allowing the lamb to absorb some of the liquid, about 30 minutes.

To serve, arrange the pita bread over the bottom of a large platter. Spoon rice over the bread. Place the lamb on top of the rice, and drizzle with any remaining milk mixture. Sprinkle pine nuts over the top.

# Italian Leg of Lamb

## Ingredients

1/2 cup lemon juice  
1/2 cup olive oil  
2 tablespoons dried oregano  
2 teaspoons ground mustard  
1 teaspoon garlic powder  
4 garlic cloves, minced  
1 (5 pound) boneless leg of lamb

## Directions

In a small bowl, combine the lemon juice, oil and seasonings. Pour half of the marinade into a large resealable plastic bag; add lamb. Seal bag and turn to coat; refrigerate for at least 2 hours or overnight. Cover and refrigerate remaining marinade.

Drain and discard marinade from lamb. Place lamb fat side up on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees F for 2-1/4 to 3 hours or until meat reaches desired doneness (for medium, a meat thermometer should read 160 degrees F; well-done, 170 degrees F), basting occasionally with reserved marinade. Let stand for 10-15 minutes before slicing.

# Easter Lamb Cake

## Ingredients

1 (18.25 ounce) package white cake mix  
1 (16 ounce) can white frosting  
3 cups flaked coconut  
2 black jellybeans  
1 black shoestring licorice  
2 drops green food coloring

## Directions

Prepare cake mix according to package directions and bake in two halves of a stand-up lamb cake pan. Cool completely.

Stick the two halves of the lamb together using white frosting. Sit the lamb up and frost the entire lamb. Coat the entire lamb with coconut. Decorate with jelly beans for eyes, and licorice for whiskers. Tint any remaining coconut with green food color and use as grass.

# Greek Avocado Relish with Grilled Lamb Kebabs

## Ingredients

2 tablespoons olive oil  
5 tablespoons lemon juice,  
divided  
2 cloves garlic, finely chopped  
1/2 teaspoon salt  
1/4 teaspoon black pepper,  
freshly ground  
1 1/2 pounds leg of lamb, trimmed  
and cut into 1 1/2-inch cubes  
1/3 cup English or hothouse  
cucumber, diced  
1/4 cup Kalamata olives, pitted  
and finely chopped  
3 tablespoons red onion, finely  
chopped  
1 tablespoon fresh oregano,  
chopped  
1 large firm-ripe Chilean Hass  
avocado, halved, pitted and  
peeled, cut into 1/4-inch pieces

## Directions

In sealable plastic bag, combine olive oil, 2 tablespoons of the lemon juice, garlic, salt and pepper. Add lamb. Seal bag and turn to coat lamb completely. Refrigerate 1 hour.

For relish, in small bowl stir together cucumbers, olives, onion, the remaining 3 tablespoons lemon juice and oregano. Stir to mix. Gently stir in avocado pieces. Cover tightly by placing plastic wrap directly on the surface of the relish.

Remove lamb cubes from marinade and thread 4 cubes onto each of 8 skewers. Grill or broil about 4 minutes per side, or until desired degree of doneness. Serve kabobs with relish.

# Lamb Chops in Duck Sauce

## Ingredients

3 pounds lamb chops  
2 tablespoons Worcestershire sauce  
1 tablespoon adobo seasoning  
cayenne pepper to taste  
salt and pepper to taste  
1 1/2 cups duck sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange lamb chops in a medium baking dish, and evenly coat with Worcestershire sauce, adobo seasoning, and cayenne pepper. Season with salt and pepper.

Bake 1 hour in the preheated oven.

Cover lamb chops with duck sauce, and continue baking 15 to 20 minutes, to an internal temperature of 145 degrees F (65 degrees C).

# Greek Orange Roast Lamb

## Ingredients

1 large orange, juiced  
3 tablespoons dark French mustard  
3 tablespoons olive oil  
4 teaspoons dried oregano  
salt and pepper to taste  
10 potatoes, peeled and cut into 2-inch pieces  
1 (3 pound) half leg of lamb, bone-in  
5 cloves garlic

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In large bowl, whisk together the orange juice, mustard, olive oil, oregano, salt, and pepper. Stir the potatoes into the bowl to coat with orange juice mixture. Remove potatoes with a slotted spoon, and place them into a large roasting pan.

Cut slits into the lamb meat, and stuff the garlic cloves into the slits. Rub remaining orange juice mixture from bowl all over the lamb, and place the lamb on top of the potatoes in the roasting pan. If there's any remaining orange juice mixture, pour it over the lamb.

Roast in the preheated oven until the potatoes are tender and the lamb is cooked to medium, about 1 hour. A meat thermometer inserted into the thickest part of the meat should read 140 degrees F (60 degrees C). Check every 20 to 30 minutes while roasting, and add a bit of hot water if you find the potatoes are drying out. If the lamb finishes cooking before the potatoes, remove the lamb to a cutting board or serving platter and cover with foil while the potatoes continue to bake in the oven.

# Vietnamese Aromatic Lamb Chops

## Ingredients

15 (3 ounce) lamb loin chops (1-inch thick)  
2 cloves garlic, sliced  
1 teaspoon garlic powder, or to taste  
1 pinch chili powder  
2 tablespoons white sugar  
freshly ground black pepper to taste  
1 tablespoon fresh lime juice  
1 tablespoon soy sauce  
2 tablespoons olive oil  
1/4 cup chopped fresh cilantro  
2 lime wedges  
2 lemon wedges

## Directions

Place the lamb chops into a roasting pan, and season evenly with the garlic, garlic powder, chili powder, sugar, salt, and pepper. Drizzle with 1 tablespoon of lime juice, soy sauce and olive oil. Cover and refrigerate overnight.

Preheat the oven to 400 degrees F (200 degrees C). Allow the lamb to stand at room temperature while the oven preheats.

Roast uncovered in the preheated oven to your desired degree of doneness, about 20 minutes for medium, or 30 minutes for well done. Garnish with a sprinkle of cilantro and squeeze lemon and lime juice over the top before serving.

# Green Curry Lamb Balls

## Ingredients

1/2 pound ground lamb  
1/2 cup bread crumbs  
steak seasoning to taste  
1 (10 ounce) can coconut milk  
1 1/2 tablespoons green curry  
paste

## Directions

In a medium bowl, mix together the ground lamb, bread crumbs and steak seasoning until well blended. Form into meatballs about 1 inch in diameter. Heat a greased skillet over medium-high heat and fry the lamb balls until they are a bit black and crusty, about 5 minutes. Remove balls from pan and set aside.

Toss the curry paste into the hot skillet and fry for about a minutes. Then pour in the entire can of coconut milk and lower the heat. Let the mixture simmer, stirring frequently for 5 to 10 minutes. Serve the meatballs and curry sauce over rice.

# Lamb Chops with Preserved Lemon (Moroccan)

## Ingredients

1/4 cup chopped fresh cilantro  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh mint  
4 cloves garlic, minced  
1/4 cup chopped Moroccan preserved lemon  
1 tablespoon olive oil  
ground black pepper to taste  
1 (7 bone) rack of lamb, trimmed and frenched  
1/4 cup slivered kalamata olives  
1 red bell pepper, thinly sliced

## Directions

Stir cilantro, parsley, and mint together in a small saucepan. Remove half of the herb mixture, and set aside. Stir the garlic, lemon, olives, olive oil, and black pepper into the remaining herbs. Spread 2 tablespoons of this mixture onto the lamb rack. Wrap the exposed bones with aluminum foil to keep them from burning. Stir the olives and bell pepper into the reserved mixture and keep warm over low heat.

Preheat an outdoor grill for medium heat.

Cook the lamb rack on the preheated grill until cooked to desired degree of doneness, about 4 minutes per side for medium-rare. Baste occasionally with the warmed relish. Once cooked, remove from grill, and allow to rest for 5 minutes before slicing into individual chops.

To serve, arrange lamb chops on a platter, spoon some of the warmed relish over them, and sprinkle with the reserved chopped herbs.

# Marinated, Breaded Lamb Chops with Rosemary

## Ingredients

- 1 cup Worcestershire sauce
- 1/4 cup soy sauce
- 3 cloves garlic, chopped
- 1 sprig fresh rosemary, bruised
- 6 lamb chops
- 2 eggs
- 1 cup bread crumbs

## Directions

Mix together Worcestershire sauce, soy sauce, garlic and rosemary in a non-reactive bowl. Place the lamb chops in the marinade and turn. Refrigerate, uncovered, for 1 1/2 to 3 hours, turning once or twice.

Preheat oven to 375 degrees F (190 degrees C). Grease a 13x9x2-inch glass baking dish.

Remove lamb chops from marinade and set them aside. Discard the rosemary sprig. Whisk eggs into the leftover marinade. Spread breadcrumbs on a large plate.

Dip lamb chops into the egg/marinade mixture, then into the bread crumbs, coating evenly. Place the breaded chops into the prepared baking dish. Discard marinade/egg mixture.

Bake for 20 minutes and turn chops over. Bake for 15 more minutes or to desired doneness.

# Curried Lamb

## Ingredients

2 tablespoons vegetable oil, or as needed  
2 pounds cubed lamb stew meat

2 tablespoons vegetable oil  
1 onion, chopped  
2 tablespoons ground coriander  
1 1/2 teaspoons ground cumin  
1 tablespoon ground cardamom  
1 teaspoon ground ginger  
1 teaspoon ground turmeric  
1/2 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper, or to taste

2 cups beef stock  
salt to taste

1/4 cup plain yogurt  
1 teaspoon lemon juice

## Directions

Heat 2 tablespoons of vegetable oil in a Dutch oven over medium-high heat. Cook the lamb meat in batches until browned on all sides, using additional oil as necessary, about 3 minutes per batch. Set aside. Heat the remaining 2 tablespoons of vegetable oil in the Dutch oven over medium heat. Stir in the onions; cook until tender and golden brown, about 10 minutes. Add the coriander, cumin, cardamom, ginger, turmeric, garlic powder, black pepper, and cayenne pepper; cook and stir until the spices are fragrant, about 1 minute.

Return the lamb to the Dutch oven; pour in the beef stock and season with salt to taste. Bring to a boil over high heat, then reduce heat to low, cover, and simmer until the lamb is very tender, about 1 hour.

Once the lamb is very tender, remove the lid, and cook until the sauce thickens slightly, about 20 minutes. Stir in the yogurt and lemon juice before serving.

# Feta and Olive Lamburgers

## Ingredients

1 pound ground lamb  
1 cup crumbled feta cheese  
1 large egg  
1/2 cup kalamata olives, pitted and sliced  
1/8 teaspoon ground cumin  
ground black pepper to taste  
4 whole-wheat hamburger buns, toasted if desired

## Directions

Combine the lamb, feta cheese, egg, and olives in a mixing bowl. Season with cumin and black pepper, and mix until well combined. Form the mixture into 4 patties, and place onto waxed paper. Refrigerate for 15 minutes.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Cook the lamburgers on the preheated grill to your desired degree of doneness, about 3 minutes per side for medium. Serve on toasted buns with the condiments of your choice.

# Lambless Shepherd's Pie

## Ingredients

5 medium potatoes, peeled  
4 tablespoons butter  
1 1/2 teaspoons salt  
fresh ground black pepper to taste  
2 cups milk, warmed  
1/2 cup kasha (toasted buckwheat groats)  
2/3 cup bulgar  
2 cups minced onion  
2 cloves garlic, minced  
2 carrots, finely chopped  
2 cups sliced mushrooms  
1 1/2 tablespoons all-purpose flour  
1 cup corn kernels, blanched

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring 2 1/2 quarts of water to a boil in a large pot. Cut the potatoes into thirds and drop them into the water. Gently boil the potatoes for 20 minutes or until they are tender. Drain well and return the potatoes to the pot.

Place 2 tablespoons of the butter, 3/4 teaspoon salt and pepper into the potato-pot. Mash the potatoes with a potato masher, incorporating 1/2 cup of the warm milk, until they are fairly smooth.

In a saucepan, bring 1 1/2 cups water to a boil with 1/2 teaspoon salt and the kasha. Reduce the heat and simmer, uncovered, for 15 minutes.

Add 1 1/2 cups more water to the kasha, and bring the mixture to a boil. Then add the bulgur, cover the pan and take it off the heat. Let the grain stand undisturbed for 10 minutes. Transfer the contents to a large bowl.

In a large saucepan, heat the remaining 2 tablespoon butter. Mix in the onions, garlic, and carrots; saute them over medium heat, stirring frequently, until the onions soften. Mix in the mushrooms and continue cooking for 3 to 4 minutes; stirring frequently.

Sprinkle the flour over the vegetables, and stir constantly for 2 minutes or until the flour begins to brown. Pour the remaining 1 1/2 cups milk over the vegetables, and turn the heat to high. While the sauce boils stir it constantly with a whisk. Continue stirring until the mixture is smooth. Turn the heat to low and simmer for 5 minutes.

Mix the corn, 1/4 teaspoon salt, and black pepper to taste into the vegetable-flour mixture. Pour the vegetable-gravy mixture to the bowl of kasha and bugler. Stir well.

Grease a 10 inch round pie pan or casserole dish, and spoon the vegetable-grain mixture into it. Smooth the mixture with a plastic spatula. Spoon on the mashed potatoes over the vegetable mixture leaving an uneven top surface.

Bake the pie uncovered for 30 minutes. Garnish with the chopped parsley. Cut the pie into pieces, and serve.

# Mediterranean Lamb and Lentil Stew

## Ingredients

1 tablespoon olive oil  
1 1/2 pounds lamb shoulder arm chops, cubed, round bones reserved  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 onion, chopped  
4 cloves garlic, minced  
1 cup lentils, picked over and rinsed  
2 cups chicken broth, or more as needed  
1 (14 ounce) can diced tomatoes  
3 carrots, peeled and sliced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
1/2 teaspoon dried basil  
2 cups coarsely chopped fresh spinach  
1 lemon, juiced and zested  
1/2 cup ricotta salata cheese, crumbled

## Directions

Heat oil in a heavy pot over medium-high heat. Add the lamb cubes and bones and brown on all sides, about 3 minutes. Sprinkle with salt and pepper. Add onion and garlic and continue cooking about 2 minutes, stirring frequently.

Stir in the lentils, 2 cups of the chicken broth, tomatoes, carrots and the thyme, sage and basil. Bring to a boil, reduce the heat to low and simmer, covered, until the lentils are tender but not quite done, stirring occasionally. Depending on the type and freshness of the lentils, this will take from 15 to 30 minutes. If the stew seems dry, add more broth (up to one cup additional). Discard the lamb bones.

Add the spinach and cook 5 minutes more. Stir in the lemon zest and juice. Garnish individual servings with some of the crumbled cheese.

# Lamb for Lovers

## Ingredients

2 tablespoons olive oil  
2 (7 bone) racks of lamb, trimmed, fat reserved  
salt and pepper to taste  
4 cloves garlic, minced  
1 large onion, diced  
4 carrots, diced  
1 cup celery tops  
1 cup port wine  
1 cup red wine  
1 (14.5 ounce) can low-sodium chicken broth  
5 sprigs fresh spearmint  
3 sprigs fresh rosemary  
1 cup mint apple jelly  
2 tablespoons olive oil  
salt and pepper to taste  
1 tablespoon garlic, minced  
1/4 cup panko bread crumbs  
2 tablespoons olive oil  
4 sprigs fresh mint

## Directions

To Make Demi-Glace: Heat 2 tablespoons olive oil in a medium skillet over medium heat, and add trimmings from lamb. Season with salt and pepper. Brown the fat, reduce heat, and add 4 cloves minced garlic, onion, carrots, celery leaves, port, red wine, and chicken broth. Transfer the mixture to a slow cooker, and simmer on Low 8 hours, or overnight.

Strain the slow cooker mixture into a saucepan over medium-low heat. Mix in the spearmint, rosemary, and mint jelly, and simmer, adding more port, wine, or broth as needed, until mixture leaves a syrup-like coating on the back of a spoon. Strain once more, and keep warm while lamb roasts.

To Roast Lamb: Place a cast iron or oven-proof skillet in the oven, and preheat to 450 degrees F (230 degrees C). Rub lamb with 2 tablespoons olive oil, salt, pepper, and garlic. Coat with panko bread crumbs.

Carefully remove the heated skillet from the oven, warm 2 tablespoons olive oil in the skillet, and sear lamb on both sides. Return the skillet with the lamb to the preheated oven, and continue cooking 5 to 10 minutes, to an internal temperature of 145 degrees F (63 degrees C).

Pour a small amount of the demi-glace on platter and arrange lamb criss-crossed. Drizzle with more demi-glace, and garnish with fresh mint to serve.

# Braised Lamb with a Sour Orange Marinade

## Ingredients

6 pounds deboned leg of lamb  
1 tablespoon dried oregano  
4 cloves garlic, minced  
1 large onion, thinly sliced  
2 bay leaves  
4 sour oranges  
1 cup white wine  
1 teaspoon salt, or to taste  
1 teaspoon ground black pepper,  
or to taste  
2 tablespoons vegetable oil

## Directions

Juice the sour oranges, and combine with the garlic, onion, oregano, bay leaf, and white wine in a large bowl. Place meat into the marinade, cover, and refrigerate for 2 to 4 hours.

In a large pot, heat oil over medium high heat. Place meat into the pan, and sear on all sides. Decrease heat to low. Pour marinade over meat in the pan, and cover. Cook until the meat is fork tender, about 3 hours; add water to the pot if necessary to keep the meat from scorching.

# Heavenly Lamb Shanks

## Ingredients

1/2 cup olive oil  
4 (1 pound) lamb shanks  
2/3 cup all-purpose flour  
1 leek, halved and cut into 1/2-inch pieces  
2 stalks celery, chopped  
2 carrots, chopped  
2 onions, cut into chunks  
12 cloves garlic, unpeeled  
1 bay leaf  
1 teaspoon whole black peppercorns  
1 sprig thyme  
1 sprig rosemary  
1 1/2 cups red wine  
3 cups chicken stock  
1 pinch Sea salt to taste

## Directions

Preheat oven to 300 degrees F (150 degrees C).

Heat the olive oil in a heavy, metal roasting pan on the stove over medium-high heat. Toss shanks with flour to coat well; then shake off excess. Sear the shanks in hot oil until well browned on all sides, then remove from pan and set aside.

Add the leek, celery, carrot, onion, and garlic to the roasting pan. Cook until softened and lightly browned, stirring constantly; about 5 minutes. Season with the bay leaf, peppercorns, thyme and rosemary sprigs. Pour in the red wine and chicken stock, increase heat to high, and bring to a simmer. Season to taste with sea salt, and place the lamb shanks on top of the vegetables.

Cover the roasting pan tightly with heavy aluminum foil, and place into the preheated oven. Bake gently until the meat is tender and falls off of the bone, 2 1/2 to 3 hours. Remove the bay leaf and herb stems before serving shanks with vegetables and sauce.

# Summer Lamb Kabobs

## Ingredients

5 pounds boneless lamb shoulder, cut into 1 inch pieces  
6 tablespoons Dijon mustard  
4 tablespoons white wine vinegar  
4 tablespoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon chopped fresh rosemary  
1/2 teaspoon crumbled dried sage  
4 cloves garlic, chopped  
4 green bell peppers, cut into large chunks  
1 (10 ounce) package whole fresh mushrooms  
1 (16 ounce) can pineapple chunks, drained with juice reserved  
1 pint cherry tomatoes  
4 onions, quartered  
1 (10 ounce) jar maraschino cherries, drained and juice reserved  
1/3 cup melted butter or margarine

## Directions

Place lamb in a large bowl.

In a separate bowl, stir together mustard, vinegar, olive oil, salt, pepper, rosemary, sage, and garlic. Pour over lamb, and mix to coat meat. Cover, and refrigerate overnight.

Preheat outdoor grill for direct heat.

Add marinated lamb, fruit, and vegetables to stainless steel or bamboo skewers. Reserve some of the juice from pineapple chunks and cherries.

In a small bowl, stir together melted butter and splashes of juice from the pineapples and cherries to create a basting sauce.

Place skewers on preheated grill, and cook about 12 minutes, turning and brushing with butter sauce.

# Peruvian Lamb Soup

## Ingredients

- 2 quarts water
- 1 pound lean lamb bones, neck or shank
- 1 bunch fresh cilantro
- 1 cup red bell pepper
- 1 onion, quartered
- 4 cloves garlic
- 2 tablespoons olive oil
- 1 cup dark beer
- 3 carrots, sliced
- 3 stalks celery, chopped
- 1 cup shredded banana squash
- 1 large cubed potatoes
- 1 cube chicken bouillon
- 1 tablespoon salt

## Directions

Rinse lamb, and put in pot with water. Add squash, carrots, and celery. Bring to a boil, and then simmer for half an hour. Do not cover.

Twist stems off cilantro bunch. Put in a blender with 1 cup water. Blend till liquefied. Add garlic cloves, onion, red pepper, bouillon cube; chop in blender. Do not liquefy. Should be fairly chunky.

Stir fry cilantro mixture in olive oil till onion is translucent. Add to soup pot with beer, and simmer for 15 minutes.

Add potatoes, and simmer for final 15 minutes, or until potatoes are tender. Season to taste with salt.

# Roast Leg of Lamb

## Ingredients

6 pounds leg of lamb  
2 garlic cloves, minced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried oregano  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon vegetable oil

## Directions

Place roast on a rack in a shallow roasting pan. Cut 12-14 slits 1/2 in. deep in roast. Combine garlic, thyme, marjoram, oregano, salt and pepper; spoon 2 teaspoons into the slits. Brush roast with oil; rub with remaining herb mixture. Bake, uncovered, at 325 degrees F for 2-3 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done 170 degrees F;). Let stand 10-15 minutes before slicing.

# Italian Lamb Stew

## Ingredients

2 tablespoons olive oil  
1 1/2 pounds boneless lamb  
shoulder, cut into 1-inch cubes  
salt and ground black pepper to  
taste  
5 cloves garlic, sliced thin  
1/2 cup red wine  
1/2 cup chicken broth  
4 cups peeled, chopped tomatoes  
1 teaspoon dried oregano  
1 bay leaf  
4 potatoes, peeled and cut into 1-  
inch pieces  
2 cups fresh green beans,  
trimmed  
1 red bell pepper, seeded and cut  
into 1-inch pieces  
2 small zucchini, sliced  
3 tablespoons chopped fresh  
parsley

## Directions

Heat the olive oil in a Dutch oven or large, heavy-bottomed pot. Season the lamb with salt and pepper; cook in the hot oil until browned, 2 to 3 minutes. Add the garlic; cook and stir 1 minute. Pour the red wine and chicken broth into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pot with a wooden spoon. Reduce the heat to medium-low; add the tomatoes, oregano, and bay leaf to the pot. Simmer gently until the lamb is tender, about 45 minutes.

Raise heat to medium-high. Add the potatoes, green beans, red pepper, and zucchini to the pot. Cook until the vegetables are tender, another 15 to 20 minutes. Sprinkle the parsley over the soup. Remove the bay leaf and season with salt and pepper before serving.

# South African Lamb Sosaties(Kebabs)

## Ingredients

- 1 cup plain yogurt
- 2 teaspoons curry powder
- 1 tablespoon white sugar
- 1 tablespoon vegetable oil
- 1 large onion
- 1 cup cubed lamb stew meat
- 12 ounces dried apricots
- 8 kabob skewers

## Directions

Make the sauce by mixing together the yogurt, curry powder, sugar and oil in a small bowl. Taste and adjust seasonings to your liking.

Peel and cut the onion into 1 inch cubes. Thread skewers alternating lamb cubes, onion dried apricot halves. Place them into a large resealable bag and pour in the sauce. Make sure the kabobs are evenly well coated. Refrigerate and allow to marinate overnight or for at least 8 hours.

Preheat grill to medium heat and lightly oil grate.

Grill the kabobs over medium coals for 8 to 10 minutes on each side, or to your desired doneness.

# Bulgur Pilaf with Lamb

## Ingredients

1/4 cup butter  
1/2 pound lamb, chopped  
2 onions, chopped  
2 cups coarse bulgur, rinsed and drained  
4 large tomatoes, peeled and chopped  
3 cups chicken broth  
salt to taste

## Directions

Heat butter in a large, deep skillet over medium high heat . Cook lamb and onions until onions are very light brown. Stir in bulgur, and cook about 3 minutes. Stir in chicken broth and tomatoes. Season with salt. Bring to a boil, reduce heat, and simmer until all moisture is absorbed, about 30 minutes.

# Lamb Shank Braised in White Wine with Rosemary

## Ingredients

3 tablespoons olive oil  
4 lamb shanks  
5 cloves garlic, sliced  
1 small onion, chopped  
2 teaspoons chopped fresh rosemary, plus sprigs for garnish  
1 pinch salt and freshly ground black pepper  
1 cup dry white wine

## Directions

In a large frying pan, heat oil over medium-high heat. Add shanks to hot pan, and brown all sides; this should take about 12 minutes. Transfer to a plate.

Reduce heat to medium-low, and add garlic to the pan; cook for 30 to 40 seconds. Stir in onion, and continue cooking until translucent, 6 to 8 minutes. Return shanks to the pan, and season with 2 teaspoons fresh rosemary and salt and pepper to taste. Pour in wine, raise heat to medium-high, and bring to a simmer. Reduce heat to low, cover tightly, and simmer until the shanks are very tender when pierced with a knife, 2 to 2 1/2 hours. Turn once or twice during cooking, and add water as necessary to maintain original level of liquid. Serve shanks garnished with rosemary sprigs.

# Easter Lamb Cake II

## Ingredients

2 1/4 cups cake flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 1/4 cups white sugar  
1/2 cup butter  
1 cup milk  
1 teaspoon vanilla extract  
4 egg whites

## Directions

First, prepare your mold. Coat with vegetable oil, let sit for a few minutes then wipe clean with a paper towel. Then grease and flour your mold, making sure to get all the little areas.

Preheat oven to 375 degrees F (190 degrees C). Sift the cake flour, then sift again with the baking powder and salt; set aside.

In a large bowl, cream together the butter and sugar until light and fluffy. Add the flour mixture alternately with the milk. Stir the batter until smooth after each addition. Add the vanilla.

In a large glass or metal mixing bowl, beat egg whites until soft peaks form. Fold 1/3 of the egg whites into the batter to lighten it, then quickly fold in the remaining whites.

Fill the face side of the mold with batter. Move a wooden spoon through the batter GENTLY, to remove any air pockets. Make sure not to disturb the greased and floured surface of the mold. Put the lid on the mold, making sure it locks or ties together securely so that the steam and rising batter do not force the two sections apart.

Put the mold on a cookie sheet in a preheated oven for about 1 hour. Test for doneness by inserting a skewer or wooden toothpick through a steam vent. Put the cake, still in the mold, on a rack for about 15 minutes. CAREFULLY, remove the top of the mold. Before you separate the cake from the bottom let it cool for about 5 more minutes so that all the steam can escape and the cake can firm up some more. After removing the rest of the mold, let the cake cool on the rack completely. DO NOT sit the cake upright until completely cooled. Frost with Seven Minute Icing or any other white icing of your choice and decorate to look like a lamb.

# Lamb Spaghetti

## Ingredients

2 tablespoons olive oil  
4 pounds ground lamb  
1 whole head garlic, peeled and crushed  
1 tablespoon onion powder  
3 tablespoons lemon juice  
1/2 teaspoon ground cinnamon  
1/2 teaspoon dried oregano  
1 1/2 cups water  
4 small potatoes, peeled and cut into 1/2-inch dice  
salt and pepper to taste  
1 (16 ounce) package linguine pasta

## Directions

Heat the olive oil in a large skillet and cook and stir the ground lamb, garlic, and onion powder until the lamb is no longer pink, breaking the meat apart as it cooks. Stir in lemon juice, cinnamon, and oregano; continue to cook, stirring occasionally, until all the liquid in the skillet evaporates and the lamb and garlic are very well browned, about 20 minutes.

Pour in the water and potatoes, bring the mixture to a boil, and reduce heat to medium-low. Simmer until the potatoes are very tender and beginning to break apart, about 20 minutes. Mash potatoes with a spoon against the side of the skillet to help them thicken the sauce. Season to taste with salt and pepper. Simmer until the gravy is thickened and the flavors have blended, about 10 more minutes (1 hour total). Stir occasionally during cooking.

Bring a large pot of lightly salted water to a rolling boil; cook the linguine in the boiling water until cooked through, but still firm to the bite, about 11 minutes. Drain. Transfer the cooked pasta to plates and top with lamb gravy.

# Stuffed Leg of Lamb

## Ingredients

1 (5 pound) boneless leg of lamb  
salt and black pepper to taste  
1 (10 ounce) bag fresh spinach leaves  
6 ounces goat cheese, or more if needed  
2 teaspoons pine nuts  
kitchen twine  
1 cup all-purpose flour  
1 tablespoon salt  
1 tablespoon ground black pepper  
1 teaspoon dried thyme  
1 teaspoon fennel seeds  
1 tablespoon sesame oil

## Directions

Remove plastic netting or twine from around the leg of lamb, if any, and open up the roast on a cutting board. Place the boned side of the roast up. With a sharp paring knife, cut away any excess fatty areas. Use a sharp knife to cut 1/2-inch deep slits in the meat about 2 inches apart, to help the meat lie flat. Cover the meat with a sturdy piece of plastic wrap or a cut-apart food storage bag, and pound the meat with a mallet or the edge of a small plate until the roast is about 3/4 inch thick everywhere, and 10 to 14 inches square.

Preheat an oven to 400 degrees F (200 degrees C).

Sprinkle the upper side of the meat with salt and pepper, and then spread spinach leaves over the top of the roast to within 1/2 inch of the edges. Break up the goat cheese and sprinkle it evenly over the spinach, then sprinkle the pine nuts over the cheese.

Roll the roast up into a tight cylinder, and tie the roast together with kitchen twine at 2 inch intervals. It's okay if a little stuffing protrudes from the sides of the roast.

In a flat dish, mix together the flour, 1 tablespoon of salt, 1 tablespoon of pepper, the thyme, and the fennel seeds, and press the tied roast firmly into the flour mixture to coat all sides.

Heat the sesame oil in a heavy oven-proof or cast-iron skillet over medium-high heat until the oil shimmers, and sear all sides of the roast, including the ends, to a golden brown color. Lay the roast into the skillet, place into the preheated oven, and roast to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 40 minutes. Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

# Grilled Spicy Lamb Burgers

## Ingredients

- 1 pound ground lamb
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh oregano
- 1 tablespoon garlic, chopped
- 1 teaspoon sherry
- 1 teaspoon white wine vinegar
- 1 teaspoon molasses
- 1 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 pita bread rounds
- 4 ounces feta cheese, crumbled

## Directions

Preheat grill for medium heat.

Place the lamb in a large bowl, and mix with the mint, cilantro, oregano, garlic, sherry, vinegar, and molasses. Season with cumin, allspice, red pepper flakes, salt, and black pepper, and mix well. Shape into 4 patties.

Brush grill grate with oil. Grill burgers 5 minutes on each side, or until well done. Heat the pita pocket briefly on the grill. Serve burgers wrapped in pitas with feta cheese.

# Irish Lamb Stew

## Ingredients

1 1/2 pounds thickly sliced bacon, diced  
6 pounds boneless lamb shoulder, cut into 2 inch pieces  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 cup all-purpose flour  
3 cloves garlic, minced  
1 large onion, chopped  
1/2 cup water  
4 cups beef stock  
2 teaspoons white sugar  
4 cups diced carrots  
2 large onions, cut into bite-size pieces  
3 potatoes  
1 teaspoon dried thyme  
2 bay leaves  
1 cup white wine

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.

Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.

Place meat into stock pot (leave 1/4 cup of fat in frying pan). Add the garlic and yellow onion and saute till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.

Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.

# Greek Lamb Kabobs

## Ingredients

1/2 cup lemon juice  
2 tablespoons dried oregano  
4 teaspoons olive oil  
6 garlic cloves, minced  
1 pound lean lamb, trimmed of fat and cut into 1 inch cubes  
16 cherry tomatoes  
1 large green pepper, cut into 1-inch pieces  
1 large onion, cut into 1-inch wedges

## Directions

In a small bowl, combine the lemon juice, oregano, oil and garlic. Set aside 1/4 cup for basting; cover and refrigerate. Pour the remaining marinade into a large resealable plastic bag; add the lamb. Seal bag and turn to coat; refrigerate for 8 hours or overnight, turning occasionally.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. On eight metal or soaked wooden skewers, alternately thread lamb, tomatoes, green pepper and onion. Grill kabobs, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Grill 8-10 minutes longer or until meat reaches desired doneness, turning and basting frequently.

# Eggplant Stuffed with Lamb and Feta

## Ingredients

2 large eggplants, halved lengthwise  
1/4 cup olive oil  
1 pound ground lamb  
1 small onion, chopped  
1/2 green bell pepper, chopped  
3 cloves garlic, minced  
1 teaspoon ground cinnamon  
1/2 teaspoon ground allspice  
1 teaspoon ground black pepper  
1 1/4 cups marinara sauce  
1 (8 ounce) package crumbled feta cheese  
2 eggs, beaten  
1/2 cup dry bread crumbs  
1/2 cup shredded mozzarella cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Brush the cut surfaces of the eggplant halves with half of the olive oil. Place cut-side-up onto the baking sheet, and place into the oven. Bake the eggplant for 30 minutes until tender. Once done, remove and allow to cool slightly. Scoop out the flesh, leaving the shells 1/2 inch thick. Remove as many of the seeds as you can, then coarsely chop the flesh, and place into a large mixing bowl.

Meanwhile, heat the remaining olive oil in a skillet over medium-high heat. Add the ground lamb, and cook for a few minutes until it begins to crumble. Stir in the onion, bell pepper, garlic, cinnamon, allspice, and black pepper. Cook until the onion has softened, and the lamb is no longer pink, about 5 minutes. Place the meat mixture into the bowl with the eggplant, and stir in the marinara sauce, feta cheese, eggs, and bread crumbs until well mixed.

Evenly divide the lamb mixture into the eggplant shells, then return the eggplant to the oven. Bake for 10 minutes, then sprinkle with the mozzarella, and reduce the oven temperature to 375 degrees F (190 degrees C). Bake until the filling has set, and the mozzarella has turned golden brown, about 25 minutes more.

# Stout-Braised Lamb Shanks

## Ingredients

- 1 tablespoon vegetable oil
- 4 lamb shanks
- 1 onion, chopped
- 4 cloves garlic, chopped
- 2 carrots, chopped
- 2 celery ribs, chopped
- 2 tablespoons tomato paste
- 1 (12 fluid ounce) bottle stout (such as Guinness®) or porter
- 1 (14 ounce) can beef broth
- 3 sprigs fresh thyme
- 3 sprigs fresh parsley
- 1 bay leaf
- 1 sprig fresh rosemary
- salt and pepper to taste

## Directions

Heat oil in a Dutch oven or large, wide pot over medium-high heat until the oil begins to smoke. Brown the lamb shanks in the hot oil on all sides until well browned, about 10 minutes. Remove lamb shanks and set aside. Pour the excess grease from the Dutch oven, reduce heat to medium, and stir in the onions and garlic. Cook and stir until the onions have softened and turned translucent, about 5 minutes. Stir in the carrots, celery, and tomato paste; continue cooking 5 minutes more.

Return the lamb shanks to the Dutch oven, and pour in the stout beer and beef broth. Bring to a simmer over high heat. While you're waiting for the beer to simmer, use kitchen twine to tie together the thyme sprigs, parsley sprigs, and bay leaf into a secure bundle; add to the lamb shanks.

Once the lamb shanks begin to simmer, reduce the heat to medium-low, cover, and simmer until the lamb is very tender and nearly falling off of the bone, 2 to 3 hours. Stir the lamb occasionally as it cooks, and add water if needed to keep the cooking liquid from becoming too thick. You want the cooking liquid to have reduced into a nice sauce by the time the lamb shanks are done. Stir in the rosemary sprig, and salt and pepper to taste during the last 10 minutes of cooking. Remove rosemary sprig and herb bundle before serving.

# Spicy Lamb Patties

## Ingredients

1 pound ground lamb  
3 green onions, minced  
4 cloves garlic, minced  
1 tablespoon curry powder  
1 teaspoon ground cumin  
1/4 teaspoon dried red pepper flakes  
salt and pepper to taste

## Directions

Preheat the grill for high heat.

In a bowl, mix the lamb, green onions, garlic, curry powder, cumin, red pepper, salt and pepper. Form into 4 patties.

Lightly oil grill grate. Grill patties 5 minutes on each side, or until done.

# Olive, Lamb, and Red Pepper Casserole

## Ingredients

1 (2 pound) spaghetti squash,  
halved and seeded  
1 tablespoon olive oil  
1 pound ground lamb  
1 tablespoon olive oil  
1/2 small chopped red onion  
2 red bell peppers, seeded and  
diced  
5 cloves garlic, chopped  
1 tablespoon dried basil  
1 tablespoon chopped fresh  
rosemary  
1 teaspoon dried oregano  
salt and pepper to taste  
12 ounces ricotta salata cheese,  
crumbled  
12 pimento-stuffed green olives,  
sliced  
1 (15 ounce) can tomato sauce

## Directions

Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil. Poke holes in the skin of the squash, and place onto the baking sheet cut-side down. Bake in the preheated oven until soft, about 1 hour. Turn the squash cut-side up, and allow to cool until cool enough to handle, about 30 minutes.

Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Stir in the ground lamb, and cook until browned and crumbly, about 7 minutes. Once browned, remove the lamb from the skillet and set aside. Heat the remaining 1 tablespoon of olive oil in the skillet over medium heat. Stir in the onion and bell peppers, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in the garlic, basil, rosemary, and oregano. Season to taste with salt and pepper (remember that the ricotta salata is very salty). Continue cooking and stirring until the flavor of the garlic has mellowed, about 3 minutes more.

Scrape the flesh of the warm spaghetti squash into a large bowl. Separate the strands of the squash with a fork, and season with salt and pepper to taste. Place half of the squash into a 9x13 inch baking dish. Evenly spread with half of the lamb, half of the red pepper mixture, half of the olives, sprinkle with half of the cheese, and spread with half of the tomato sauce. Repeat the layers using the remaining squash, lamb, red pepper mixture, olives, cheese, and tomato sauce.

Bake the casserole in the preheated oven until hot and bubbly, about 30 minutes.

# Paul's Apple, Lamb and Lentil Soup

## Ingredients

3 pounds lamb shoulder steak  
1 pound lamb neck bones  
1 (16 ounce) package dried lentils  
2 medium yellow onion, chopped  
5 cloves garlic, finely chopped  
2 teaspoons fresh thyme leaves, finely chopped  
2 Red Delicious apples - peeled, cored and diced  
1 cup Cabernet Sauvignon wine  
1 cup fresh cilantro leaves, chopped  
salt and freshly ground black pepper

## Directions

Trim lamb shoulder steak from bones and set aside bones. Cut steak into 1 inch cubes and set aside. Place shoulder and neck bones in a large stockpot and cover with water; simmer bones over medium high heat for 1 to 1 1/2 hours. Remove bones from stockpot and discard. Reserve liquid.

Add the cubed lamb, lentils, onions, garlic and thyme to the liquid in the stockpot; cook over medium heat for 15 minutes. Add apples and wine to the stockpot and cook another 15 minutes, or until lentils and lamb are tender. Season with salt and pepper. Serve in bowls sprinkled with cilantro.

# Asian Barbequed Butterflied Leg of Lamb

## Ingredients

2/3 cup hoisin sauce  
6 tablespoons rice vinegar  
1/2 cup minced green onions  
1/4 cup mushroom soy sauce  
4 tablespoons minced garlic  
2 tablespoons honey  
1/2 teaspoon sesame oil  
1 tablespoon toasted sesame seeds  
1/2 teaspoon ground white pepper  
1/2 teaspoon freshly ground black pepper  
1 (5 pound) boneless butterflied leg of lamb

## Directions

In a large resealable plastic bag, mix hoisin sauce, rice vinegar, green onions, mushroom soy sauce, garlic, honey, sesame oil, sesame seeds, white pepper, and black pepper. Place lamb in bag, seal, and turn to coat. Refrigerate for 8 hours, or overnight.

Preheat grill for high heat.

Oil the grill grate. Place lamb on the grill, and discard marinade. Cook 15 minutes on each side, to a minimum internal temperature of 145 degrees F (63 degrees C), or to desired doneness. Transfer meat to a serving platter, and allow it to rest for 20 minutes before slicing and serving.

# Lamb Meatballs

## Ingredients

1 tablespoon unsalted butter  
5 shallots, minced  
2 pounds ground lamb  
1 cup fresh bread crumbs  
1/4 cup chopped fresh parsley  
1 egg, lightly beaten  
2 tablespoons lemon zest  
1/2 teaspoon dried marjoram  
salt and freshly ground black pepper to taste  
1/2 cup unsalted butter  
1 tablespoon olive oil  
2 1/2 tablespoons tomato sauce  
1/4 cup wine  
1 small garlic clove, minced  
1 dash ground cinnamon  
toothpicks

## Directions

Melt the 1 tablespoon butter in a skillet over medium heat. Cook and stir the shallots in the skillet until tender. Transfer to a large bowl.

Mix lamb, bread crumbs, parsley, egg, and lemon zest into the bowl with the shallots. Season with marjoram, salt, and pepper. Let stand 1 hour in the refrigerator.

Melt 1/2 cup butter and heat olive oil in a skillet over medium-high heat. Form the lamb mixture into small meatballs, and cook in the skillet in batches until evenly brown. Do not drain skillet. Drain meatballs on paper towels, and place in a serving dish.

Mix tomato sauce, wine, garlic, and cinnamon into the skillet. Cook and stir until well blended and heated through. Drizzle over the meatballs in the dish. Serve with toothpicks.

# McIntire's Lamb Stew

## Ingredients

1 pound boneless lamb shoulder,  
cut into 2 inch pieces  
2 cups diced carrots  
5 large potatoes, peeled and  
diced  
1/2 sweet yellow onion, chopped  
3 cloves garlic, minced  
2 cups beef stock  
1 pinch seasoned salt (such as  
LAWRY'S®), or to taste  
ground black pepper to taste  
1 pinch paprika, or to taste  
1 pinch dried thyme, or to taste  
1 (1.5 fluid ounce) jigger Irish  
whiskey (such as Jameson®)  
1 cup frozen peas

## Directions

Place lamb shoulder, carrots, potatoes, onion, garlic, beef stock, seasoned salt, pepper, paprika, thyme, and Irish whiskey in a slow cooker. Cook on Low for 6 to 7 hours. Add peas about 15 minutes before serving.

# Rosemary and Lamb Crispy Roast Potatoes

## Ingredients

4 large baking potatoes, peeled and quartered  
1/2 teaspoon dried rosemary  
1/2 cup lamb roast drippings, cooled to room temperature  
salt to taste

## Directions

Preheat the oven to 425 degrees F (220 degrees C). Place the potatoes in a large pan and fill with enough water to cover. Bring to a boil and cook for about 10 minutes, just cooking partially.

Place the potatoes into a large lidded tub and pour in the lamb drippings. Season with rosemary and salt. Close the lid and shake to coat the potatoes. Pour them out onto a baking sheet.

Bake for 45 minutes in the preheated oven, or until dark brown and crispy.

# Tunisian Lamb with Saffron (Keleya Zaara)

## Ingredients

1/4 cup vegetable oil  
1 1/2 pounds cubed lamb stew meat  
1 1/2 teaspoons saffron  
salt and pepper to taste  
1 large onion, chopped  
1 cup water  
1/2 cup chopped fresh parsley  
1 tablespoon butter  
1 lemon, cut into wedges

## Directions

Heat the vegetable oil in a large skillet over medium-high heat. Add the lamb, and cook until browned on all sides, about 5 minutes. Season with saffron, salt and pepper to taste; stir in all but 1/4 cup of the onion, and pour in the water. Bring to a boil, then cover, reduce heat to medium-low, and simmer until the lamb is tender, about 15 minutes.

Uncover the skillet, stir in the butter, and allow the sauce reduce 5 to 10 minutes to desired consistency. Season to taste with salt and pepper, then pour into a serving dish. Sprinkle with the remaining chopped onions and parsley. Garnish with lemon wedges to serve.

# Grandma Me's Clove-Studded Leg of Lamb

## Ingredients

1 (6 pound) bone-in leg of lamb, trimmed  
1 tablespoon whole cloves  
1 (12 ounce) can apricot nectar  
1 teaspoon salt  
1 pinch black pepper  
1/4 teaspoon soy sauce  
4 slices lemon, for garnish  
2 teaspoons cornstarch  
1/2 cup water  
1 cube vegetable bouillon, crushed

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Using a sharp knife, cut through the narrow end of the lamb leg about 3 inches from the end. Cut through the meat around the bone. Remove and discard this piece, leaving clean exposed bone. You may be able to have your butcher do this for you. Stick cloves into the lamb leg in an even pattern, then place into a shallow, metal roasting pan.

Bake in preheated oven for 2 hours, then drain off fat and drippings. Whisk together apricot nectar, salt, pepper, and soy sauce in a small bowl; pour over lamb leg. Return the lamb to the oven, and bake until a meat thermometer inserted into the thickest part registers 160 degrees F (71 degrees C) for medium-well doneness, basting frequently. Top the roast with lemon slices, and bake 5 minutes longer.

Remove the lamb to a serving platter, and cover with aluminum foil. Allow to rest 10 to 15 minutes before slicing. Meanwhile, place the roasting pan on the stove over medium heat. Dissolve the cornstarch in the water, and pour into the roasting pan along with the bouillon cube. Cook and stir until the bouillon dissolves, and the sauce thickens and clears, about 1 minute. Remove the cloves and lemon slices before slicing the lamb and serving with the sauce.

# Roast Leg of Lamb

## Ingredients

4 cloves garlic, sliced  
2 tablespoons fresh rosemary  
salt to taste  
ground black pepper to taste  
5 pounds leg of lamb

## Directions

Cut slits in the top of the leg of lamb every 3-4 inches, deep enough to push slices of garlic down into the meat. Salt and pepper generously all over the top of lamb, place several sprigs of fresh rosemary under and on top of the lamb.

Roast at 325-350 degrees F (165-175 degrees C) until the lamb is cooked to medium well. Do not overcook the lamb, the flavor is best if meat is still slightly pink.

# Broiled & Slow-Roasted Butterflied Leg of Lamb

## Ingredients

1/4 cup olive oil  
8 cloves garlic, minced  
2 1/2 teaspoons salt  
1 teaspoon pepper  
2 tablespoons ground cumin  
1 tablespoon dried oregano  
1 (8 pound) leg of lamb, boned and butterflied to a more or less even thickness, 4 3/4 to 5 1/2 pounds trimmed weight, fell and most fat removed  
1 lemon, juiced  
Minced fresh parsley, cilantro or mint (optional)

## Directions

Mix oil, garlic, salt, pepper, cumin and oregano; spread paste on both sides of the lamb and let stand for an hour until meat comes to room temperature.

Adjust oven rack to upper or upper-middle position (depending on lamb's thickness) and preheat broiler on high for at least 10 minutes.

Place lamb, cut side up, on a large wire rack set over a foil-lined roasting pan. Broil, moving pan so entire surface browns evenly, about 8 minutes. Turn lamb over; continue to broil until well browned on the other side, about 8 minutes longer. Turn off broiler, remove lamb from oven and let rest for 10 minutes.

Heat oven to 325 degrees. Stick a meat thermometer into the thickest portion of the lamb; return it to the oven. Roast for a total of 50 minutes to 1 hour, until thermometer registers a rosy-pink 140 degrees. Check lamb several times after 30 minutes. If lamb gets done sooner, simply turn down oven to 170 degrees until ready to serve.

As soon as lamb comes out of the oven, squeeze on lemon juice and sprinkle with fresh herbs. Carve, slicing across the grain when possible. Arrange on a platter, drizzle with accumulated juices, and serve.

# Easter Lamb Pound Cake

## Ingredients

1 pound butter  
3 cups sugar, divided  
8 eggs, separated  
3 cups sifted all-purpose flour  
2 teaspoons vanilla  
2 teaspoons almond extract  
1/3 cup bourbon  
1/2 cup chopped pecans

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cream together butter and 2 cups sugar until light and fluffy. Mix in egg yolks one at a time. Gradually mix in the flour, alternating with the vanilla, almond extract, and bourbon. Beat until smooth and creamy.

In a separate bowl, beat egg whites until stiff but not dry. Beat 1 cup sugar into egg whites.

Gently fold flour mixture into egg white mixture. Blend pecans into the batter. Pour into a lamb-shaped pound cake mold.

Bake in a preheated oven for 1 1/2 hours, or until a toothpick inserted into the center comes out clean. Let cool in the pan for at least 10 minutes, then invert onto a wire rack to cool completely.

# Easter Leg of Lamb

## Ingredients

### Marinade:

1 (16 ounce) container plain yogurt  
4 sprigs fresh rosemary, leaves stripped  
1/2 bunch fresh parsley, stems removed  
1/2 head garlic, peeled and smashed  
1 1/2 lemons, zested  
1/2 (6 pound) leg of lamb  
For roasting:  
2 large onions, quartered  
1/4 cup olive oil  
3 tablespoons kosher salt  
3 tablespoons ground black pepper  
4 sprigs fresh rosemary, leaves stripped  
1/2 bunch fresh parsley, stems removed  
1/2 head garlic  
1 1/2 lemons, zested

## Directions

Mix yogurt, 4 sprigs of rosemary, 1/2 bunch of parsley, smashed garlic, and zest of 1 1/2 lemons in a large bowl. Place the leg of lamb in the yogurt mixture and stir to coat. Cover and refrigerate for 24 to 48 hours.

The next day, preheat an oven to 400 degrees F (200 degrees C). Spread onions on the bottom of a roasting pan. Remove lamb from the marinade, rinse and pat dry. Set aside.

Place olive oil, salt, pepper, 4 sprigs of rosemary, 1/2 bunch of parsley, 1/2 head of garlic, and zest of 1 1/2 lemons in a food processor. Process until the mixture becomes a smooth paste. Rub leg of lamb with the paste, and place on top of the onions in the roasting pan.

Bake in the preheated oven for 20 minutes, then reduce the temperature to 325 degrees F (165 degrees C). Continue baking until desired doneness, 40 to 50 minutes for medium. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

# Eggplant and Lamb Stew

## Ingredients

- 2 tablespoons butter
- 1 1/2 pounds lamb shoulder
- 2 large eggplants, peeled and chopped
- 2 large tomatoes, chopped
- 2 large onions, chopped
- 2 green bell peppers, chopped
- 10 cloves garlic, chopped
- 1 tablespoon tomato paste
- 1/2 cup water
- 1 teaspoon allspice
- 2 teaspoons salt
- 1 teaspoon ground black pepper

## Directions

In a large pot, melt the butter over medium heat, and brown the lamb on all sides. Mix in the eggplants, tomatoes, onions, green bell peppers, and garlic. Cook and stir until tender and lightly browned.

In a small bowl, blend the tomato paste and water. Mix into the pot with the lamb. Season lamb with allspice, salt, and pepper. Reduce heat, and simmer about 1 1/2 hours, stirring occasionally, until the meat shreds easily with a fork. Add a little water as necessary to keep the ingredients moist.

# Leg of Lamb

## Ingredients

8 pounds whole leg of lamb  
salt to taste  
ground black pepper to taste  
6 ounces prepared mustard  
1 dash Worcestershire sauce  
2 tablespoons all-purpose flour  
4 cloves garlic, sliced (optional)

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Generously salt and pepper lamb. Smear the mustard all over the lamb and sprinkle it with a fine coating of flour. Place lamb in a roasting pan and place slices of garlic over top. Sprinkle with Worcestershire sauce to taste.

Roast uncovered at 325 degrees F (165 degrees C) until desired doneness. About 20 minutes per pound for a pink roast. Remove from pan to a heated platter. Use the drippings to make a gravy by a little flour and water. Season with salt and pepper.

# Herbed Lamb Chops

## Ingredients

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 1/4 cup white wine
- 2 tablespoons lemon juice
- 2 cloves garlic, peeled and minced
- 1/4 cup minced onion
- 1 teaspoon dried tarragon
- 1 teaspoon chopped fresh parsley
- 1 teaspoon black pepper
- 4 lamb chops

## Directions

In a large, nonreactive container, blend the olive oil, red wine vinegar, white wine, lemon juice, garlic, and onion. Season with tarragon, parsley, and pepper. Place lamb chops in the mixture. Cover, and marinate in the refrigerator about 2 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Grill lamb chops on the prepared grill 5 minutes per side, to an internal temperature of 145 degrees F (63 degrees C). Discard remaining marinade.

# Greek Lamb-Feta Burgers With Cucumber Sauce

## Ingredients

4 large unpeeled garlic cloves  
1 1/4 pounds ground lamb  
1/2 cup crumbled feta cheese  
3/4 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 large cucumber, peeled,  
grated and squeezed very dry in a  
clean towel  
3/4 cup sour cream  
1 tablespoon minced fresh mint  
leaves  
1 teaspoon red or rice wine  
vinegar  
1 clove garlic, minced  
4 large, thin tomato slices  
4 large, thin tomato slices  
4 small (4 inch) pita breads

## Directions

Set 4 whole garlic cloves in a small skillet over medium-high heat; toast until spotty brown, about 5 minutes. Peel, mince and set aside.

Break up lamb in a medium bowl. Sprinkle roasted garlic, feta, oregano, salt and pepper over meat; stir with a fork to combine. Divide into 4 portions. Toss meat back and forth between cupped hands to form a ball. Pat with fingertips to flatten to about 4 inches wide. Refrigerate.

Mix cucumber, sour cream, mint, vinegar, 1 minced clove of garlic, and salt and pepper to taste in a small bowl. Refrigerate sauce until ready to serve.

Build a hot fire on one side of grill. Replace rack. When coals are covered with white ash, add burgers. Cover and cook, turning only once, until done, about 4 to 5 minutes per side for medium to medium-well burgers.

Grill pitas until spotty brown and warm, a minute or so per side. Split crosswise. Spread a couple of tablespoons of sauce over 4 pita halves. Top each with an onion slice, a tomato slice and a burger. Spread a portion of the remaining sauce over each burger. Top with remaining pita halves.

# Lamb Madras Curry

## Ingredients

### Curry Paste

1 1/2 tablespoons coriander seeds  
1 1/2 teaspoons cumin seeds  
1/2 teaspoon salt  
5 whole dried red chile peppers  
6 fresh curry leaves  
3 tablespoons garlic paste  
2 teaspoons ginger paste

1 1/2 teaspoons ground turmeric  
2 1/4 pounds lamb meat, cut into 1 1/2 inch cubes  
1/2 cup ghee (clarified butter), melted  
1/4 cup vegetable oil  
4 onion, sliced 1/4 inch thick  
1 (13.5 ounce) can coconut milk  
2 cups water, divided  
1 teaspoon fennel seeds  
6 cardamom pods  
1 cinnamon stick  
1 1/2 teaspoons garam masala  
1 teaspoon sugar  
3 tablespoons warm water  
1 tablespoon tamarind paste

## Directions

Toast the coriander seeds over medium-low heat until they begin to turn brown and pop. Repeat the toasting process with the cumin seeds, then with the dried red peppers. Transfer each ingredient to a food processor or spice grinder as you finish. Add the salt and grind to a fine powder. Mix with the garlic and ginger to form a thick paste.

Sprinkle the turmeric over the lamb, stirring lightly to coat. Toast the fennel seeds as above and set aside. Heat a Dutch oven over medium heat with the ghee and vegetable oil; cook the onions until golden brown, about 10 minutes. Stir in your curry paste and fry for 1 minute. Stir in the meat and fry for 1 minute more. Pour in 2/3 of the can of coconut milk and 1 cup of water; bring to a boil, then reduce the heat to low. Simmer for 10 minutes.

Stir in the remaining coconut milk and 1 cup of water, along with the cardamom pods, cinnamon stick, and toasted fennel seeds. Cover with the lid ajar and return to a simmer, cook for about 1 1/2 hours until the lamb is tender. Stir occasionally and thin with water if the sauce becomes too thick while cooking.

When the lamb is tender, stir in garam masala, sugar, and the tamarind paste dissolved in 3 tablespoons of water; cook 5 minutes longer, or until the sauce thickens. Remove the cinnamon stick and cardamom pods before serving.

# Lamb Patties

## Ingredients

1 pound ground lamb  
5 green chile peppers, diced  
3 onions, peeled and chopped  
1 tablespoon dark soy sauce  
1 tablespoon Worcestershire sauce  
2 tablespoons ginger paste  
2 tablespoons garlic paste  
1/2 teaspoon ground white pepper  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground cardamom  
1/2 teaspoon ground cloves  
2 tablespoons chopped fresh cilantro  
1 (17.5 ounce) package frozen puff pastry sheets, thawed  
1 egg, beaten

## Directions

In a large pot, combine the ground lamb, onion, chilies, soy sauce and Worcestershire sauce. Season with ginger and garlic pastes, white pepper, cinnamon, cardamom and cloves. Cook, stirring occasionally, over medium heat until the meat is evenly browned and the onions are tender, about 15 minutes. Mix in cilantro, cover and set aside.

Preheat the oven to 375 degrees F (190 degrees C). Lay sheets of puff pastry out on a lightly floured surface. Cut each one into 9 squares and roll out to 1/4 inch thickness. Spoon about 1 1/2 tablespoons of the meat mixture into the center of each square. Brush the edge with water, fold corner over to form a triangle, and press to seal. Do not overstuff the triangles, or they will burst in the oven. Place the patties onto a foil lined baking sheet leaving at least an inch between each one. Brush the tops lightly with beaten egg.

Bake for 12 to 15 minutes in the preheated oven, or until golden brown all over. Serve hot for best flavor.

# Tim's Lamb Stew

## Ingredients

1 (14.5 ounce) can beef broth  
2 pounds lamb stew meat, cubed  
1 1/2 tablespoons chopped fresh parsley  
1 teaspoon dried thyme  
salt and pepper to taste  
2 pounds potatoes, peeled and sliced  
1 1/2 pounds carrots, peeled and diced  
1 medium onion, finely chopped  
6 tablespoons all-purpose flour  
1/4 cup corn oil

## Directions

In a large saucepan over medium heat, mix the beef broth, lamb, parsley, and thyme. Season with salt and pepper. Cover, and cook 30 minutes, stirring occasionally.

Stir potatoes, carrots, and onion into the lamb mixture. Cover, reduce heat to low, and cook 90 minutes, until all the vegetables are tender.

In a small bowl, mix the flour and oil until smooth. Stir into the stew mixture, and cook 5 minutes, until thickened.

# Roast Lamb with Wine Gravy

## Ingredients

1 (5 pound) leg of lamb  
salt and pepper to taste  
4 slices bacon  
1/2 cup dry bread crumbs  
2 tablespoons green onions,  
chopped  
1 clove garlic, minced  
2 tablespoons chopped fresh  
parsley  
2 tablespoons dry white wine  
1/3 cup beef stock

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Season the lamb leg to taste with salt and pepper. Place into a metal roasting dish, and drape with the bacon slices. Bake in the preheated oven for 45 minutes, turning once. Combine the bread crumbs, green onions, garlic, and parsley in a small bowl. Sprinkle into the roasting dish over the meat drippings, then return the dish to the oven, and continue baking until the bread crumbs have toasted to a golden brown, 7 to 10 minutes.

Remove the baking dish from the oven; set the lamb leg onto a plate, and cover with aluminum foil. Allow the lamb to rest in a warm spot for 10 minutes. Meanwhile, place the baking dish onto a burner on the stove over medium-high heat. Pour in the wine and beef stock, and bring to a simmer. Reduce the heat to medium-low, and cook for 5 minutes. Slice the lamb leg, and serve with the wine gravy.

# Lamb and Winter Vegetable Stew

## Ingredients

2 tablespoons vegetable oil  
1 pound lamb stew meat, cubed  
2 cups beef broth  
1 cup dry red wine  
2 cloves garlic, minced  
1 tablespoon chopped fresh thyme  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 bay leaf  
2 cups peeled, seeded, and sliced butternut squash  
1 cup peeled, sliced parsnips  
1 cup peeled, chopped sweet potatoes  
1 cup sliced celery  
1 medium onion, thinly sliced  
1/2 cup sour cream  
3 tablespoons all-purpose flour

## Directions

Heat the oil in a large saucepan, and brown the lamb meat on all sides. Drain fat, and stir in the beef broth and wine. Season with garlic, thyme, salt, pepper, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 20 minutes.

Mix in the squash, parsnips, sweet potatoes, celery, and onion. Bring to a boil, then reduce heat and simmer 30 minutes, or until the vegetables are tender.

In a small bowl, blend the sour cream and flour. Gradually stir in 1/2 cup of the hot stew mixture.

Stir the sour cream mixture into the saucepan. Remove the bay leaf, and continue to cook and stir until thickened.

# Lamb Chops with Prosciutto and Salad

## Ingredients

4 boneless loin lamb chops  
8 (1 ounce) slices very thin prosciutto  
12 sage leaves  
1 tablespoon BertolliB® Extra Light™,ý Tasting Olive Oil  
5 ounces microgreens or baby salad greens  
1/2 cup chopped walnuts  
1/2 cup crumbled blue cheese

## Directions

Preheat oven to 350 degrees F. Season chops, if desired, with salt and pepper.

Arrange 2 slices prosciutto on flat surface. Top with 3 sage leaves, then wrap around 1 chop; repeat with remaining chops. Heat BertolliB® Extra Light™,ý Tasting Olive Oil in 12-inch skillet over medium-high heat and cook chops, turning once, 5 minutes or until prosciutto browns.

Arrange chops in 9-inch baking dish and bake 10 minutes or until chops are desired doneness.

Meanwhile, combine remaining ingredients in large serving bowl. Just before serving, drizzle with additional BertolliB® Extra Light™,ý Tasting Olive Oil.

# Mixed Grill of Sausage, Chicken and Lamb With

## Ingredients

2 pounds spicy or mild Italian pork sausage  
1/4 cup olive oil  
3 tablespoons ground cumin  
1 tablespoon curry powder  
1 1/2 teaspoons garlic powder  
3/4 teaspoon ground ginger  
3/4 teaspoon salt  
1/2 teaspoon cayenne pepper  
8 lamb loin chops  
1/2 cup plain yogurt  
3 tablespoons red wine vinegar  
12 chicken drumsticks, skin removed

## Directions

Place sausage and 1/2 cup water in a large (12-inch) skillet. Cover and bring to a simmer. Steam until sausage loses its raw color throughout, about 8 minutes. Drain and set aside.

In a medium bowl, mix oil, cumin, curry powder, garlic powder, ginger, salt and cayenne. Scrape half the spice mixture into another medium bowl. Add lamb chops to one bowl; toss to coat well. Stir yogurt and vinegar into other bowl; add chicken legs and toss to coat well. Set both aside to marinate.

About 30 minutes before serving, fully preheat gas grill (10 to 15 minutes with all burners on high). Use a wire brush to clean grill rack, then use tongs to wipe an oil-soaked rag over rack. Close lid and return grill to temperature. Make sure to have water close by to extinguish any flare-ups.

Staggering meat additions so they all get done about the same time, place chicken on grill; close lid and grill-roast for a total of 20 minutes - 8 minutes on the first side, 8 minutes on the second side and 4 minutes longer, turning as needed toward the end to ensure doneness. Add lamb; grill-roast for a total of 8 minutes - 4 minutes on the first side and 4 minutes on the second side. Add sausage and grill-roast for a total of 4 minutes - 2 minutes on the first side and 2 minutes on the second side.

Arrange on a large platter and serve warm with couscous.

# Cumin Lamb Steaks with Smashed Potatoes,

## Ingredients

20 new potatoes, halved  
1 tablespoon butter  
2 cloves garlic, minced  
2 tablespoons brown sugar  
1 cup red wine  
  
4 (6 ounce) lamb shoulder steaks  
salt and pepper to taste  
1 tablespoon cumin seeds  
1 tablespoon vegetable oil  
  
2 bunches fresh spinach, cleaned  
1/4 cup sour cream  
2 tablespoons softened butter

## Directions

Place potatoes into a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Melt the butter in a saucepan over medium heat. Stir in the garlic, and cook for 3 to 4 minutes until the aroma of the garlic has mellowed. Add the brown sugar and red wine, then bring to a boil over medium-high heat. Allow to boil for 5 minutes, then remove from the heat, cover, and keep warm.

Meanwhile, season the lamb steaks with salt and pepper to taste. Press the cumin seeds into the steaks on both sides. Heat the vegetable oil in a large skillet over medium-high heat. Add the steaks, and cook on both sides until cooked to your desired degree of doneness, about 4 minutes per side for medium. Remove the steaks to rest in a warm spot. Place the spinach into the hot skillet, season to taste with salt and pepper, and cook until the spinach has wilted.

Mash the potatoes with the sour cream and butter; season to taste with salt and pepper. To serve, mound a serving of mashed potatoes onto the center of a dinner plate. Top with the spinach and a lamb steak. Strain the red wine sauce ovetop.

# Momma Lamb's Famous Fruit Salad

## Ingredients

1 (20 ounce) can pineapple chunks  
1 (5 ounce) package instant vanilla pudding mix  
1 (15 ounce) can mandarin oranges, drained  
1 (10 ounce) jar maraschino cherries, drained  
3 bananas

## Directions

Drain all of the juice from the pineapple into a large bowl. Set the pineapple chunks aside.

Add the vanilla pudding mix to the pineapple juice and mix well until smooth. Stir in the pineapple chunks, mandarin oranges, and maraschino cherries. Mix well. Refrigerate for at least 30 minutes.

Just before serving slice the bananas into the bowl and fold in.

# Moroccan-Style Lamb Shanks with Apricots

## Ingredients

2 tablespoons extra-virgin olive oil  
1 teaspoon cumin seeds  
1 onion, thinly sliced  
4 cloves garlic, crushed  
1 sweet potato, peeled and diced  
2 (1 pound) lamb shanks  
1 (14.4 ounce) can chopped  
canned tomatoes  
1 1/4 cups chopped dried apricots  
1 1/2 teaspoons harissa  
salt and pepper to taste  
2 tablespoons slivered almonds  
1 cup quick-cooking couscous  
2 tablespoons extra-virgin olive oil

## Directions

Heat 2 tablespoons olive oil in a heavy pot over medium heat. Add cumin seeds and cook until they release their aroma for about 1 minute. Stir in the onions, garlic, and sweet potatoes. Reduce heat to medium-low; cover and cook for 5 minutes, stirring occasionally so potatoes don't stick.

Put the lamb shanks in the pot and brown on all sides, about 8 minutes. Add tomatoes, apricots, and harissa. Season with salt and pepper. If mixture seems a bit dry, add a splash of water. Bring to a boil, then lower heat and cover. Simmer until meat is tender and falling off the bone, one hour or more, depending on the size of the shanks. Stir occasionally.

Heat a small skillet over low heat and add the slivered almonds. Stir and cook until almonds are lightly browned, about 5 minutes. Remove from heat and set aside.

Place couscous in a large bowl and slowly pour in lukewarm water until just covered. Let sit until water is absorbed, about 10 minutes. Toss couscous with 2 tablespoons olive oil and toasted almonds. Transfer to a serving dish. Spoon the lamb over the couscous and serve.

# Lemon-Honey Lamb Skewers

## Ingredients

1 cup chopped fresh mint  
3/4 cup dry white wine  
2 tablespoons lemon juice  
2 tablespoons honey  
3 pounds cubed lamb stew meat  
24 pearl onions, peeled  
8 bamboo skewers, soaked in water for 30 minutes

1 tablespoon apricot preserves  
2 teaspoons cornstarch  
1 tablespoon water

## Directions

Combine the mint, wine, lemon juice, and honey in a mixing bowl. Add the lamb and onions, and toss to mix. Cover, and refrigerate 4 hours to overnight.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Strain the marinade from the lamb into a small saucepan; set aside. Thread the lamb and onions onto the skewers, using 3 onions per skewer. Cook the skewers on the preheated grill until the lamb has cooked to your desired degree of doneness, about 8 minutes for medium-well.

Meanwhile, bring the reserved marinade to a simmer over medium heat. Whisk in the apricot preserves until dissolved, then reduce heat to medium-low, and simmer gently for 5 minutes, adding water if needed to keep the sauce from burning. Dissolve the cornstarch in 1 tablespoon of water, and whisk into the sauce to thicken; simmer the sauce 30 seconds longer. Serve with the lamb skewers.

# Moroccan Lamb with Shiraz Honey Sauce

## Ingredients

1 (7 bone) rack of lamb, trimmed and frenched  
coarse sea salt to taste  
2 1/2 tablespoons ras el hanout  
1 cup Shiraz wine  
1/3 cup honey

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Season lamb with sea salt, and rub with ras el hanout. In a medium cast iron skillet over medium high heat, sear lamb on all sides until evenly browned.

Place skillet with lamb in the preheated oven, and roast 30 minutes, or until the internal temperature has reached a minimum of 145 degrees F (63 degrees C).

Remove lamb from skillet, reserving juices, and allow to rest 10 to 15 minutes before slicing ribs. Place skillet with juices over medium heat, and stir in wine and honey. Cook until reduced by about half. Drizzle over ribs to serve.

# Nana's Leg of Lamb

## Ingredients

1 (4 pound) leg of lamb  
salt to taste  
1 clove garlic, cut into slivers  
2 teaspoons vegetable oil  
2 lemons, sliced and seeded  
2 cups hot water  
2 tablespoons butter  
2 tablespoons Worcestershire  
sauce

## Directions

Preheat the oven to 300 degrees F (150 degrees C).

Remove the skin and fat from the leg of lamb, and season with salt. Poke a knife into the meat and insert slivers of garlic in the holes.

Heat the oil in a large skillet over medium-high heat. Place the leg of lamb in the hot skillet and cook until browned all over the outside, turning as needed. Transfer to a large roasting pan. Arrange slices of lemon over the roast and secure with toothpicks.

In a small saucepan, combine the water, butter and Worcestershire sauce; bring to a boil. Pour the sauce over the meat and then cover the roasting pan with aluminum foil.

Roast for 2 1/2 hours in the preheated oven, basting every 30 minutes. Remove the aluminum foil and lemon slices and discard. Continue to roast for an additional 30 minutes, or until the internal temperature of the lamb reaches at least 145 degrees F (68 degrees C). Remove from the oven, and cover loosely with aluminum foil. Allow it to rest for 15 to 20 minutes before carving.

# Candice's Lamb Cannelloni with Mint Pesto

## Ingredients

1 (8 ounce) package lasagna noodles  
2 teaspoons vegetable oil  
10 ounces ground lamb  
1 teaspoon dried sage  
1 teaspoon thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 (5.5 ounce) package crumbled goat cheese  
1 bunch fresh mint  
1/4 cup pine nuts  
6 tablespoons olive oil

## Directions

Bring a large pot of lightly-salted water to a rolling boil. Cook the pasta in the boiling water uncovered until cooked through but still firm to the bite, about 12 minutes. Drain well in a colander set in the sink. Cut each sheet in half, width-wise.

Heat the vegetable oil in a skillet over medium heat; cook the lamb in the hot oil until evenly browned, 7 to 10 minutes. Season with the sage, thyme, salt, and pepper. Remove from heat; stir the goat cheese into the cooked lamb. Spoon about 1 tablespoon of the lamb mixture into the center of each of the lasagna sheets and roll into a cylinder; arrange on a plate.

Blend the mint, pine nuts, and olive oil in a blender until finely chopped but not liquefied; drizzle over the rolls to serve.

# Pastry-Wrapped Lamb Rack

## Ingredients

- 1 tablespoon olive oil
- 1 small shallot, minced
- 1/2 cup fresh morel mushrooms, sliced
- 1/2 cup fresh oyster mushrooms, stemmed and sliced
- 2 tablespoons dry white wine
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 2 teaspoons brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley flakes
- 2 teaspoons ground black pepper
- 2 teaspoons kosher salt
- 1 rack of lamb, trimmed and frenched
- 1 sheet frozen puff pastry, thawed
- 2 egg yolk, beaten
- 3/4 cup demi-glace
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley

## Directions

Heat the olive oil in a skillet over medium-high heat. Stir in the minced shallot, morel and oyster mushrooms; cook until the mushrooms have lightly browned, and are soft. Pour in the white wine, and cook until evaporated. Scrape the mushrooms onto a plate, and set aside to cool. Meanwhile, stir together the cumin, paprika, oregano, brown sugar, garlic powder, parsley flakes, pepper, and salt in a bowl. Coat the lamb rack with the spice mixture and set aside.

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil and lightly grease.

Spread the mushroom mixture evenly over one side of the puff pastry. Cut a slit 2 inches away from one edge of the puff pastry for each bone on the lamb rack. Carefully poke the bones through the slits and wrap the pastry around the lamb rack, pressing the edges of the pastry together to seal. Place onto the prepared baking sheet and brush with the beaten egg yolk. Refrigerate the lamb for 10 minutes before baking.

Bake the lamb in the preheated oven until the pastry has puffed and turned golden-brown, about 15 minutes. Remove, and let rest for 5 minutes before slicing. While the lamb is resting, bring the demi-glace to a simmer in a small saucepan. Whisk in the butter until dissolved. Drizzle the demi-glace over the sliced lamb chops, and sprinkle with chopped fresh parsley to garnish.

# Grilled Lamb Burgers

## Ingredients

- 1 1/4 pounds ground lamb
- 1 egg
- 1 teaspoon dried oregano
- 1 teaspoon dry sherry
- 1 teaspoon white wine vinegar
- 1/2 teaspoon crushed red pepper flakes
- 4 cloves garlic, minced
- 1/2 cup chopped green onions
- 1 tablespoon chopped fresh mint, or to taste
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons dry bread crumbs
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- 5 hamburger buns

## Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Mix the lamb, egg, oregano, sherry, vinegar, red pepper flakes, garlic, green onions, mint, cilantro, bread crumbs, salt, and pepper together in a mixing bowl with your hands until evenly blended. Form into five patties.

Cook on the preheated grill until the burgers are cooked to your desired degree of doneness, about 4 minutes per side for medium-rare. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Serve on buns.

# Lamb Chops with Prunes

## Ingredients

8 lamb loin chops (1-inch thick)  
1 tablespoon cooking oil  
salt and pepper to taste  
3/4 cup orange juice, divided  
2 tablespoons maple syrup  
1/2 teaspoon ground ginger  
1/4 teaspoon ground allspice  
8 ounces pitted prunes  
1 1/2 teaspoons cornstarch

## Directions

In a medium skillet, brown chops in oil on both sides; sprinkle with salt and pepper. Drain; return chops to skillet. Set aside 1 tablespoon of orange juice; pour remaining juice into skillet. Add syrup, ginger and allspice; cover and cook over medium-low heat for 15 minutes, turning chops once. Add prunes. Cover and simmer until chops are tender. Remove the chops to a serving platter and keep warm. Combine cornstarch and reserved orange juice; add to skillet. Bring to a boil over medium heat; cook and stir for 2 minutes. Spoon over lamb.

# Holiday Leg of Lamb

## Ingredients

1 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon seasoned salt  
1/2 teaspoon dried marjoram  
1/4 teaspoon dry mustard  
1/8 teaspoon ground cardamom  
5 pounds whole leg of lamb  
1/2 teaspoon dried thyme  
1 orange peel, cut into slivers  
fresh mint, garnish

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a small bowl, mix together salt, pepper, seasoned salt, marjoram, mustard and cardamom. Rub spice mixture over lamb. Cut 16 deep slits into roast. Insert thyme and a sliver of orange peel into each slit. Place lamb fat side up on a rack in a shallow roasting pan. Insert meat thermometer in center of thickest portion of meat.

Roast lamb in preheated oven for 2 1/2 to 3 hours. Meat is medium done when a meat thermometer registers 175 degrees F. and is well done at 180 degrees F.

Remove meat thermometer. Place roast on a warm serving platter. Put a paper frill around end of leg bone and garnish platter with fresh mint.

# Lamb Stew Casserole

## Ingredients

1 1/2 pounds shoulder lamb chops  
4 onions, peeled and thinly sliced  
2 teaspoons dried parsley  
6 carrots, sliced  
1/2 teaspoon pepper  
1/2 teaspoon salt  
6 small potatoes, peeled and sliced

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim excess fat from the lamb chops and place them into a greased 2 quart casserole dish. Cover the lamb with a layer of sliced onion, then sprinkle with 1/3 of the parsley, salt and pepper. Cover the onions with the sliced carrots, then sprinkle with another 1/3 of the parsley, salt and pepper. Cover the carrot layer with a layer of potatoes, and sprinkle with remaining parsley, salt and pepper. Add enough cold water to fill the dish halfway.

Bake, covered, for 30 minutes in the preheated oven, then remove the cover and continue to bake for an additional 30 minutes.

# Grecian Lamb Caesar Salad

## Ingredients

1 pound boneless lamb meat, cut into bite-sized pieces  
5 cups romaine lettuce - washed, dried and torn into bite-sized pieces  
1 cup canned garbanzo beans, drained  
1/2 cup sliced red onion  
1/2 cup bottled Caesar salad dressing  
1/2 cup crumbled feta cheese

## Directions

Preheat the oven broiler.

Arrange lamb meat on a medium baking sheet, and broil 8 to 12 minutes, turning once, to an internal temperature of 160 degrees F (63 degrees C). Remove from heat, and cool.

In a large bowl, toss cooked lamb with romaine lettuce, garbanzo beans, red onion, and Caesar salad dressing. Top with feta cheese.

# Rosemary Lamb Chops with Lemon Sauce

## Ingredients

1 teaspoon dried rosemary leaves, crushed  
6 lamb chops (about 3/4 inch thick)  
1 cup Swanson® Natural Goodness™ Chicken Broth  
1 teaspoon cornstarch  
3/4 teaspoon finely chopped lemon zest  
3 tablespoons lemon juice  
3 teaspoons Dijon-style mustard

## Directions

Preheat broiler.

Rub lamb chops with rosemary. Place chops on broiler pan and broil 3 to 4 inches from heat for 5 to 6 minutes. Turn chops and broil 3 to 5 minutes until done.

Mix broth and cornstarch in saucepan until smooth. Add lemon zest, lemon juice and mustard. Cook over medium heat until mixture bubbles and thickens, stirring constantly. Spoon over lamb chops.

# Curry Lamb Chops

## Ingredients

4 (4 ounce) lamb loin chops  
1 tablespoon canola oil  
3/4 cup orange juice  
2 tablespoons reduced sodium  
teriyaki sauce  
2 teaspoons grated orange peel  
1 teaspoon curry powder  
1 garlic clove, minced  
1 teaspoon cornstarch  
2 tablespoons cold water  
Hot cooked rice

## Directions

In a skillet, brown the lamb chops on both sides in oil; drain. Combine the orange juice, teriyaki sauce, orange peel, curry and garlic; pour over lamb. Cover and simmer for 15-20 minutes or until meat is tender.

Remove chops and keep warm. Combine cornstarch and water until smooth; stir into pan drippings. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve lamb and gravy with rice if desired.

# Roasted Rack of Lamb

## Ingredients

1/2 cup fresh bread crumbs  
2 tablespoons minced garlic  
2 tablespoons chopped fresh rosemary  
1 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons olive oil

1 (7 bone) rack of lamb, trimmed and frenched  
1 teaspoon salt  
1 teaspoon black pepper  
2 tablespoons olive oil  
1 tablespoon Dijon mustard

## Directions

Preheat oven to 450 degrees F (230 degrees C). Move oven rack to the center position.

In a large bowl, combine bread crumbs, garlic, rosemary, 1 teaspoon salt and 1/4 teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture. Set aside.

Season the rack all over with salt and pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring.

Arrange the rack bone side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the center of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs.

# Herbed Cream Cheese-Stuffed Lamb Burgers

## Ingredients

4 ounces PHILADELPHIA Cream Cheese, softened  
1 tablespoon chopped fresh chives  
1 tablespoon chopped fresh parsley  
1 1/2 pounds ground lamb  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon olive oil  
4 onion sandwich rolls, split, toasted  
1 bunch watercress, thick stems removed, separated into equal portions

## Directions

Mix cream cheese and herbs until well blended. Roll into 4 balls; flatten each into disk on sheet of waxed paper. Refrigerate 15 min. or until firm.

Combine meat, Worcestershire sauce, salt and pepper. Shape into 8 thin patties. Place cream cheese disks on 4 patties; cover with remaining patties. Press edges together to seal.

Heat oil in large skillet on medium heat. Add patties; cook about 5-6 min. on each side or until done (160 degrees F). Serve in rolls topped with watercress.

# Moroccan Lamb Kabobs

## Ingredients

2 pounds ground lamb  
1 cup raisins  
5 ounces goat cheese  
1/3 cup mayonnaise  
1 red onion, finely chopped  
2 cloves garlic, finely chopped  
2 tablespoons chopped fresh cilantro  
3/4 tablespoon ground cayenne pepper  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
salt to taste  
coarsely ground black pepper to taste

## Directions

Preheat an outdoor grill for high heat and lightly oil grate.

In a medium bowl, mix together ground lamb, raisins, goat cheese, mayonnaise, red onion, garlic, cilantro, cayenne pepper, cumin, ground coriander, salt and black pepper. Divide the mixture into approximately 6 even portions, and press around skewers.

Place skewers on the grill. Cook approximately 4 minutes per side, or until the cheese has melted, the raisins are tender and lamb has reached desired doneness.

# Lime Glazed Leg of Lamb

## Ingredients

1 (6 ounce) can frozen limeade concentrate  
1/2 cup dry white wine  
1 large clove garlic, pressed  
2 tablespoons butter  
salt and pepper to taste  
1/2 teaspoon dried thyme  
1 (4 pound) leg of lamb, butterflied

## Directions

Preheat an outdoor grill for medium heat.

In a saucepan over medium heat, combine the limeade concentrate, white wine, garlic, salt, pepper, and thyme. Cook, stirring, until the butter is melted. Remove from heat.

Place leg of lamb onto the preheated grill, and cook basting frequently for 45 to 50 minutes, or until the internal temperature has reached at least 145 degrees F (62 degrees C).

# Lamb Chops with Balsamic Reduction

## Ingredients

3/4 teaspoon dried rosemary  
1/4 teaspoon dried basil  
1/2 teaspoon dried thyme  
salt and pepper to taste  
4 lamb chops (3/4 inch thick)  
1 tablespoon olive oil  
1/4 cup minced shallots  
1/3 cup aged balsamic vinegar  
3/4 cup chicken broth  
1 tablespoon butter

## Directions

In a small bowl or cup, mix together the rosemary, basil, thyme, salt and pepper. Rub this mixture onto the lamb chops on both sides. Place them on a plate, cover and set aside for 15 minutes to absorb the flavors.

Heat olive oil in a large skillet over medium-high heat. Place lamb chops in the skillet, and cook for about 3 1/2 minutes per side for medium rare, or continue to cook to your desired doneness. Remove from the skillet, and keep warm on a serving platter.

Add shallots to the skillet, and cook for a few minutes, just until browned. Stir in vinegar, scraping any bits of lamb from the bottom of the skillet, then stir in the chicken broth. Continue to cook and stir over medium-high heat for about 5 minutes, until the sauce has reduced by half. If you don't, the sauce will be runny and not good. Remove from heat, and stir in the butter. Pour over the lamb chops, and serve.

# Pampered Pooch Rice and Lamb Casserole

## Ingredients

1 1/2 cups converted long-grain white rice  
2 teaspoons safflower oil  
2 cups water  
1/4 teaspoon ground thyme  
1/4 teaspoon garlic powder  
1 cup grated Monterey Jack cheese  
2 cubes beef bouillon  
1 pound lean ground lamb

## Directions

Combine rice and safflower oil in a saucepan over medium heat; stir and cook 2 minutes. Add the water, thyme, garlic powder, and bouillon. Cover, and cook 15 minutes more over medium heat, or until liquid is absorbed.

Meanwhile, cook the ground lamb in a large skillet over medium heat until browned, about 10 minutes. Drain, then stir into the rice along with the Monterey Jack cheese until the cheese melts. Cool completely before serving.

# Stuffed Leg of Lamb with Balsamic-Fig-Basil

## Ingredients

1/2 cup coarsely chopped prunes  
1/4 cup currants  
2 tablespoons creme de cassis  
liqueur  
  
1 1/2 tablespoons minced fresh  
rosemary  
1 1/2 tablespoons minced fresh  
thyme  
1/2 teaspoon ground coriander  
1 1/4 teaspoons salt  
1 teaspoon freshly ground black  
pepper  
  
1 (4 pound) boneless leg of lamb,  
rolled and tied  
1/2 cup chopped roasted and  
salted almonds  
2 tablespoons chopped fresh mint  
3 cloves garlic, cut into thirds  
2 tablespoons olive oil  
  
1/2 cup balsamic vinegar  
5 tablespoons butter  
3 tablespoons honey  
1/3 cup thinly sliced, stemmed  
Calimyrna figs  
5 teaspoons chopped fresh basil  
  
6 leaves mint  
6 leaves basil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Combine the chopped prunes and currants with the creme de cassis in a small bowl, and set aside. In another small bowl, combine the rosemary, thyme, coriander, salt, and pepper; set aside.

Untie and unroll the lamb, lay it out flat on the work surface. Trim off excess fat, and cut any thick parts open so that it is evenly thick and somewhat rectangular in shape. Sprinkle half of the herb mixture over the lamb. Mix the almonds and chopped mint into the prune mixture; spread evenly over the lamb. Roll up starting at one of the short sides, and tie with kitchen twine in 1-inch intervals. Cut 9 slits about 1-inch deep into the top of the lamb, and insert a slice of garlic in each. Rub with olive oil, and sprinkle with the remaining herb mixture.

Place lamb seam-side up on a rack set in a roasting pan. Roast in the preheated oven to desired doneness. For medium-rare, a thermometer inserted into the center will read 140 degrees F (60 degrees C). Remove lamb from the oven and cover with foil. Allow to rest for 15 minutes while proceeding with the recipe.

While the lamb is resting, bring the balsamic vinegar to a boil in a small saucepan over high heat. Boil until the vinegar has reduced by half, 4 to 5 minutes. Once reduced, stir in the butter, honey, and sliced figs. Stir until the butter has melted, then remove from the heat, stir in the chopped basil and set aside.

To serve, remove the twine from the lamb and cut into 1/2 inch thick slices. Arrange on a warm serving platter and drizzle with the fig sauce, garnish with mint and basil leaves.

# Leg of Lamb with Raspberry Sauce

## Ingredients

1 1/2 cups vegetable broth  
2 cups frozen raspberries  
1/4 cup raspberry jam  
2 tablespoons red wine vinegar  
1 (3 pound) boneless leg of lamb  
1/2 teaspoon dried rosemary

## Directions

In the container of a blender or large food processor, combine the vegetable broth, raspberries, raspberry jam, and red wine vinegar. Puree until smooth. Pour into a large bowl, and set aside.

Heat a nonstick skillet over medium-high heat. Sear the leg of lamb quickly on all sides, and remove from the pan. Pierce the meat every inch or so with the tines of a fork. Place into a bowl with the raspberry sauce. Cover, and refrigerate for at least 12 hours to marinate. Turn occasionally.

Preheat the oven to 350 degrees F (175 degrees C). Remove the lamb from the marinade and pat dry. Place on a roasting rack in a roasting pan.

Roast the lamb for 1 hour in the preheated oven, or until a meat thermometer inserted into the meat reads 140 degrees F (62 degrees C). Allow to stand for 10 to 15 minutes before carving. The temperature should go up by another 5 to 10 degrees while it rests for medium rare. If you like it more done, wait until it reaches 145 degrees F before removing from the oven.

While the lamb is roasting, transfer the marinade to a saucepan. Bring to a boil, and add the rosemary. Boil over medium-high heat until the sauce has reduced and thickened slightly, about 10 minutes. Carve the lamb, and spoon sauce over it to serve.

# Pasta Lamb Skillet

## Ingredients

1 (8 ounce) package small pasta  
12 ounces ground lamb  
1 cup chopped onion  
2 garlic cloves, minced  
1 tablespoon olive oil  
1 medium zucchini, quartered and thinly sliced  
1 (14.5 ounce) can diced tomatoes, undrained  
1 cup sliced fresh mushrooms  
3 tablespoons minced fresh basil  
1/2 teaspoon pepper  
1/4 teaspoon seasoned salt  
1/4 cup sliced ripe olives

## Directions

Cook pasta according to package directions. In a large skillet, cook lamb, onion and garlic in oil over medium heat until meat is no longer pink and vegetables are tender; drain. Set aside and keep warm.

In same skillet, combine the zucchini, tomatoes, mushrooms, basil, pepper and seasoned salt. Cover and cook over medium heat for 5 minutes or until vegetables are tender. Drain pasta. Add pasta along with olives and lamb mixture to skillet; heat through.

# Garlic and Herb Lamb

## Ingredients

1 (5 pound) leg of lamb  
3 cloves garlic, cut into slivers  
3 teaspoons dried dill weed  
1 1/2 teaspoons salt  
1 teaspoon dried rosemary,  
crushed  
1/2 teaspoon ground black  
pepper

## Directions

Preheat the oven to 325 degrees F (165 degrees C).

Puncture the leg of lamb with the tip of a knife just far enough to insert slivers of garlic into the holes. Mix together the dill, salt and rosemary, and rub over the leg of lamb. Place the lamb, fatty side up, on a rack in a shallow roasting pan.

Roast uncovered for 2 to 2 1/2 hours in the preheated oven, to an internal temperature of 155 degrees F (68 degrees C) for medium. Tent with aluminum foil and let stand for 15 to 20 minutes before carving. The lamb will continue to cook a little bit, and the juices will set up better for carving.

# Spring Lamb Supper

## Ingredients

1 pound boneless lamb meat, cut into cubes  
2 teaspoons olive oil  
2 cups thinly sliced yellow summer squash  
1/2 pound fresh mushrooms, sliced  
2 medium tomatoes, seeded and chopped  
1/2 cup sliced green onions  
3 cups cooked brown rice  
1 teaspoon salt  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
1/2 teaspoon dried rosemary, crushed

## Directions

In a large skillet, saute lamb in oil until no longer pink; remove from the skillet with a slotted spoon. In the same skillet, stir-fry the squash, mushrooms, tomatoes and onions for 2-3 minutes or until tender. Return lamb to the skillet. Stir in the rice and seasonings; cook and stir until heated through.

# Minced Lamb Bake

## Ingredients

2 tablespoons olive oil  
1 medium onion, finely chopped  
1/2 pound ground lamb  
4 fresh mushrooms, sliced  
1 cup dried small pasta shells,  
cooked according to pkg.  
directions  
2 cups bottled marinara sauce  
1 teaspoon butter  
4 teaspoons all-purpose flour  
1 cup milk  
1 egg, beaten  
1 cup grated Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a wok over medium heat, add the onion and fry until soft and tender. Stir in the lamb and mushrooms; cook until the meat has browned, stirring occasionally to break up the meat. Pour in the marinara sauce and bring to a simmer. Stir in the cooked pasta, then pour into an ovenproof baking dish.

Melt the butter in a small saucepan over low heat. Pour in the flour and mix well. Pour in the milk, increase the heat to medium, and cook until thickened. Stir 1/4 cup of the thickened milk into the egg, about a tablespoon at a time to temper the egg, then pour the egg into the remaining sauce and whisk together. Spread this white sauce over the pasta and sprinkle with cheese.

Bake in preheated oven until browned and crispy, about 30 minutes.

# Herbed Marinated Lamb Chops

## Ingredients

1/4 cup dry red wine  
2 tablespoons reduced-sodium soy sauce  
1 1/2 teaspoons minced fresh mint  
1 teaspoon minced fresh basil  
1/2 teaspoon pepper  
1 garlic clove, minced  
4 (1 inch thick) bone in lamb loin chops

## Directions

In a large resealable plastic bag, combine the wine, soy sauce, mint, basil, pepper and garlic; add the lamb chops. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

Drain and discard marinade. Grill lamb, uncovered, over medium heat or broil 4-6 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium, a meat thermometer should read 160 degrees F; well-done, 170 degrees F).

# Bry's Chocolate Lamb Chili

## Ingredients

- 1 medium onion, chopped
- 1 pound lean ground lamb
- 2 tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 1/2 tablespoon dried basil
- 1 teaspoon cumin
- 1/8 teaspoon cinnamon
- 2 large cloves garlic, minced
- 3 1/2 tablespoons chili powder
- 1/2 teaspoon dried oregano
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon white sugar
- 1 bay leaf
- salt and pepper to taste
- 1 (14.5 ounce) can diced tomatoes with juice
- 4 cups red beans, with liquid

## Directions

In a large pot, cook onions and ground lamb in olive oil over medium heat.

When onions are soft and meat browned, season with red pepper flakes, basil, cumin, cinnamon, garlic, chili powder, dried oregano, cocoa powder, sugar, and bay leaf, and salt and pepper to taste. Cook for 1 or 2 minutes. Stir in tomatoes and beans. Increase heat to bring soup to a boil. Reduce heat, and simmer for 15 minutes.

# Goat Cheese Stuffed Lamb Burgers

## Ingredients

1 teaspoon olive oil  
1/2 cup diced onion  
2 pounds ground lamb  
1 egg  
1 cup bread crumbs  
1 clove garlic, minced  
4 1/2 teaspoons salt  
1 tablespoon ground black pepper  
4 ounces soft goat cheese  
1 tablespoon extra-virgin olive oil  
1 tablespoon chopped fresh basil leaves  
1 tablespoon chopped fresh oregano

## Directions

Heat 1 teaspoon of olive oil in a small skillet over medium heat. Cook and stir the onions in the oil until soft and translucent, about 5 minutes.

Gently knead together the softened onions, lamb, egg, bread crumbs, garlic, salt, and pepper. Divide the mixture into 6 parts and roll into balls, then cover and refrigerate until ready to use.

Mix together the goat cheese, extra-virgin olive oil, basil, and oregano until well combined; cover and chill for 5 minutes.

Preheat an outdoor grill for medium-high heat.

Working with one portion of meat at a time, make an indentation in the center of the ball with your thumb. Fill the indentation with a heaping tablespoon of the goat cheese mixture. Gently pull and form the meat patty around the cheese filling, making a burger-shaped patty. Repeat with each ball of the lamb mixture.

Grill the patties on the preheated grill until no longer pink in the center and well done, about 8 minutes per side.

# Sofrito (Greek Lamb Recipe)

## Ingredients

2 tablespoons all-purpose flour  
1 pound boneless lamb meat, cut into bite-sized pieces  
1 teaspoon salt  
1 teaspoon pepper  
2 tablespoons olive oil  
4 cloves garlic, peeled and minced  
1 bunch fresh parsley, chopped  
1 cup red wine vinegar

## Directions

Place flour in a medium bowl. Season lamb with salt and pepper, and dredge in flour to evenly coat.

Heat olive oil in a medium skillet over medium heat, and cook the lamb until evenly browned. Scrape up the brown bits from the surface of the skillet. Mix in garlic, parsley, and red wine vinegar. Reduce heat, cover, and simmer approximately 30 minutes, stirring occasionally.

# Spinach-Stuffed Lamb

## Ingredients

3 tablespoons minced garlic  
1 tablespoon olive oil  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry  
8 ounces crumbled goat cheese  
or feta cheese  
3/4 teaspoon salt, divided  
1/4 teaspoon pepper, divided  
1 (5 pound) boneless butterflied  
leg of lamb, trimmed  
3 cloves garlic, slivered  
3 tablespoons minced fresh  
rosemary

## Directions

In a small skillet, saute minced garlic in oil for 2-3 minutes. Remove from the heat; stir in the spinach, cheese, 1/2 teaspoon salt and 1/8 teaspoon pepper.

Untie lamb and open so it lies flat; flatten to 3/4-in. thickness. Spread spinach mixture over meat to within 1 in. of edges. Starting with a short side, roll up lamb and tuck ends in; tie with kitchen string at 2-in. intervals. With a sharp knife, make slits on the outside of meat; insert garlic slivers. Sprinkle with rosemary and remaining salt and pepper.

Place seam side down on a rack in a shallow roasting pan. Cover and bake at 425 degrees F for 1 hour. Uncover; bake 15-30 minutes longer or until browned and a meat thermometer reads 160 degrees F, basting occasionally with pan juices. Let stand for 10-15 minutes before slicing.

# Baked Lamb Chops

## Ingredients

3 eggs  
3 teaspoons Worcestershire sauce  
12 (5.5 ounce) lamb chops  
2 cups dry bread crumbs

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, combine the eggs and the Worcestershire sauce; stir well. Dip each lamb chop in the sauce and then lightly dredge in the bread crumbs. Then arrange them in a 9x13-inch baking dish.

Bake at 375 degrees F (190 degrees C) for 20 minutes, turn chops over, and cook for 20 more minutes, or to desired doneness.

# Mellas Family Lamb Stuffed Zucchini (Koosa)

## Ingredients

2 large zucchini  
1 (28 ounce) can chopped tomatoes with juice  
2 tablespoons tomato paste  
3/4 cup water  
1/4 teaspoon ground cinnamon  
1 tablespoon olive oil  
1/2 cup chopped onion  
1 pound ground lamb  
3/4 cup basmati rice  
2 tablespoons olive oil  
1/2 cup water  
2 tablespoons dried mint  
2 teaspoons salt

## Directions

Cut each zucchini in half and use a thin, sharp knife to hollow out each section, removing the seeds and leaving a round 1/2 inch shell.

Combine tomatoes with juice, tomato paste, 3/4 cup water, and cinnamon in a large, oven-safe Dutch oven. Bring to a simmer over medium heat; cook until thick, about 20 minutes.

Heat 1 tablespoon of olive oil in a small skillet. Stir in onion; cook until tender, about 5 minutes. Combine cooked onion, lamb, rice, 2 tablespoons olive oil, 1/2 cup water, dried mint, and salt in a large bowl. Mix well. Lightly stuff lamb mixture into hollowed out zucchini sections. Place stuffed zucchini in simmering tomato sauce.

Cover pot and place in preheated oven. Cook until the rice is soft, about 1 hour. If sauce is very thin, simmer on the stove top until desired consistency. To serve, slice into 1 inch rounds and top with tomato sauce.

# Simple Grilled Lamb Chops

## Ingredients

1/4 cup distilled white vinegar  
2 teaspoons salt  
1/2 teaspoon black pepper  
1 tablespoon minced garlic  
1 onion, thinly sliced  
2 tablespoons olive oil  
2 pounds lamb chops

## Directions

Mix together the vinegar, salt, pepper, garlic, onion, and olive oil in a large resealable bag until the salt has dissolved. Add lamb, toss until coated, and marinate in refrigerator for 2 hours.

Preheat an outdoor grill for medium-high heat.

Remove lamb from the marinade and leave any onions on that stick to the meat. Discard any remaining marinade. Wrap the exposed ends of the bones with aluminum foil to keep them from burning. Grill to desired doneness, about 3 minutes per side for medium. The chops may also be broiled in the oven about 5 minutes per side for medium.

# Rogan Josh, Lamb Shanks

## Ingredients

2/3 cup sour cream  
1 tablespoon all-purpose flour  
1/2 teaspoon chili powder  
1 teaspoon ground coriander  
1/2 teaspoon ground ginger  
2 cubes chicken bouillon  
4 whole cardamom pods, broken  
1 (14.5 ounce) can diced tomatoes  
1 cup water  
ground nutmeg to taste  
salt and ground black pepper to taste  
2 tablespoons cornstarch  
1/4 cup water  
1 large onion, cut into wedges  
3 lamb shanks  
1 (15 ounce) can carrots, drained  
1 (15 ounce) can whole new potatoes, drained  
1/2 pound button mushrooms, quartered (optional)

## Directions

Stir the sour cream and all-purpose flour together in a small bowl until smooth and set aside. In a separate small bowl, mix together the cornstarch and water to make a paste.

Combine the chili powder, coriander, ginger, bouillon cubes, cardamom, tomatoes, water, nutmeg, salt and pepper in a medium saucepan; bring to a boil over high heat. Slowly add the cornstarch paste to the tomato mixture, stirring constantly; simmer for 2 minutes. Remove the saucepan from the heat and slowly stir in the sour cream and flour mixture.

Arrange the onions across the bottom of a slow cooker, lay the shanks on top of the onions and pour the prepared tomato mixture over the meat. Place the carrots, potatoes and mushrooms on top of the sauce.

Cover and cook in the slow cooker on High for 8 hours.

# Dirty Piggy-Back Lamb

## Ingredients

2 tablespoons olive oil  
1 (8 ounce) package sliced fresh mushrooms  
8 slices bacon  
4 lamb blade chops  
1 teaspoon cracked black peppercorns  
seasoned salt to taste

## Directions

Preheat a grill for high heat.

While the grill warms up, heat the olive oil in a large skillet over medium heat. Add the mushrooms; cook and stir until tender. Set aside.

Season the bacon slices with pepper, and place them on the grill. Cook bacon until crisp, turning once, then set aside. Season the lamb chops with seasoned salt, and place them on the grill. Cook to your desired degree of doneness, about 3 minutes per side for medium.

Serve each chop with two slices of bacon over it, and top with the sliced mushrooms.

# Lamb (Gosht) Biryani

## Ingredients

2 1/2 cups basmati rice  
1/4 cup cooking oil  
8 whole cloves  
4 black cardamom pods  
4 cinnamon sticks  
4 large onions, sliced thin  
1 tablespoon garlic paste  
1 tablespoon ginger paste  
1/4 cup chopped fresh cilantro leaves  
3 tablespoons chopped fresh mint leaves  
1 pound lamb chops  
salt to taste  
3 tomatoes, chopped  
4 green chile peppers, halved lengthwise  
2 teaspoons ground red pepper  
2 tablespoons plain yogurt  
2 tablespoons lemon juice  
7 1/2 cups water  
1 teaspoon salt  
1 tablespoon vegetable oil  
1 onion, sliced  
1/2 teaspoon saffron  
2 tablespoons warm milk

## Directions

Place the basmati rice in a large container and cover with several inches of cool water; let stand 30 minutes. Drain.

Heat 1/4 cup oil in a large skillet over medium heat; fry the cloves, cardamom pods, and cinnamon sticks in the hot oil until fragrant, about 1 minute. Add the onions; cook and stir until the onions are lightly browned, about 5 minutes. Stir the garlic paste and ginger paste into the onion mixture; cook until the garlic and ginger is fragrant, about 1 minute more. Sprinkle the cilantro and mint over the mixture and cook 1 minute more.

Add the lamb chops to the skillet; season with salt. Cook and stir the lamb until the meat begins to brown, about 20 minutes.

Stir the tomatoes, green chile peppers, and ground red pepper into the mixture; continue cooking until the oil begins to separate from the gravy, about 10 minutes. Add the yogurt and lemon juice; cover and cook until the lamb is tender, about 15 minutes. Add water as needed to keep the mixture from getting too dry.

Bring the rice, 7 1/2 cups water, and 1 teaspoon salt to a boil in a saucepan until the rice is nearly done yet a little chewy, 10 to 15 minutes; drain any excess water.

Heat 1 tablespoon oil in a small skillet; fry the sliced onion in the hot oil until lightly browned.

Layer about half the rice in the bottom of a deep pot with a lid. Spoon the lamb masala over the rice. Spread the fried onion over the lamb masala. Top with the remaining rice. Stir the saffron and warm milk together in a small bowl; pour over the top layer of rice. Cover the pot with the lid and place the pot over low heat; cook until the rice is thoroughly cooked, about 15 minutes.

# Lemon Pepper Lamb Fries (Lemon Pepper

## Ingredients

12 lamb fries (testicles)  
1 1/2 teaspoons vegetable oil  
3 Armenian chile peppers, seeded and sliced  
1/2 onion, chopped  
1/2 cup fresh spinach, trimmed and coarsely chopped  
3 tablespoons butter  
2 tablespoons lemon juice  
1 1/2 teaspoons lemon pepper  
1/2 teaspoon salt

## Directions

Slice each lamb fry in half lengthwise, and remove from the membrane; set aside.

Heat the vegetable oil in a large skillet over medium-high heat. Stir in the lamb fries, and cook for about a minute until they begin to firm and change color. Stir in the Armenian peppers, onion, spinach, and butter. Season with lemon juice, lemon pepper, and salt. Cook and stir until the lamb fries are firm and white in the center, and the liquid from the vegetables has cooked down, 15 to 20 minutes.

# Lemon Herb Lamb Chops

## Ingredients

1/4 cup olive or vegetable oil  
1 tablespoon lemon juice  
1 garlic clove, minced  
1 teaspoon grated lemon peel  
1/4 teaspoon salt  
1/4 teaspoon dried basil  
1/4 teaspoon dried rosemary,  
crushed  
1/4 teaspoon pepper  
2 (6 ounce) lamb loin chops

## Directions

In a large resealable plastic bag, combine the first eight ingredients; add the chops. Seal bag and turn to coat; refrigerate for at least 2 hours or overnight.

Drain and discard marinade. Broil lamb 3-4 in. from the heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

# Sweet Lamb Curry

## Ingredients

3 tablespoons all-purpose flour  
salt and black pepper to taste  
3 1/2 pounds cubed lamb stew meat

6 tablespoons butter, divided  
2 large onion, chopped  
2 tablespoons brown sugar  
3 tablespoons curry powder  
1 large Granny Smith apple -  
peeled, cored, and cubed  
1 cup chicken stock  
1/2 cup raisins  
1 tablespoon lemon juice

## Directions

Place the flour in a plastic bag; season to taste with salt and pepper. Add the lamb, and shake until evenly coated with flour. Melt half of the butter in a large pot over medium-high heat. Cook the lamb in batches until golden brown on all sides, about 5 minutes per batch; set aside.

Reduce heat to medium and add the remaining butter. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes. Stir in the brown sugar, curry powder, apples, chicken stock, raisins, and browned lamb. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the lamb is very tender, 1 to 1 1/2 hours. Stir in the lemon juice and cook 2 minutes before serving.

# Grilled Lamb with Brown Sugar Glaze

## Ingredients

1/4 cup brown sugar  
2 teaspoons ground ginger  
2 teaspoons dried tarragon  
1 teaspoon ground cinnamon  
1 teaspoon ground black pepper  
1 teaspoon garlic powder  
1/2 teaspoon salt  
4 lamb chops

## Directions

In a medium bowl, mix brown sugar, ginger, tarragon, cinnamon, pepper, garlic powder, and salt. Rub lamb chops with the seasonings, and place on a plate. Cover, and refrigerate for 1 hour.

Preheat grill for high heat.

Brush grill grate lightly with oil, and arrange lamb chops on grill. Cook 5 minutes on each side, or to desired doneness.

# Big M's Grilled Orange Lamb Kabobs

## Ingredients

2 1/4 pounds lean lamb meat,  
cubed  
1 1/3 cups coriander seeds  
4 1/4 cups fresh orange juice  
6 orange, peeled, sectioned, and  
cut into bite-size pieces  
1 hot chile pepper, minced  
2/3 cup orange liqueur  
1 bunch fresh cilantro

## Directions

Place lamb meat into a large nonmetallic bowl. Grind the coriander seed in a mortar and pestle, and rub into the meat. Pour orange juice and orange liqueur over meat, and mix in minced chile pepper and chopped orange. Cover, and refrigerate for 24 hours. Turn the meat over every couple of hours.

Preheat grill for medium heat. Remove the lamb and orange pieces from marinade, and transfer marinade to a small saucepan. Set marinade aside. Thread the cubes of lamb on skewers, alternating with pieces of orange, and starting and finishing with a piece of orange.

Place saucepan with marinade on the grill, and bring to the boil. Continue boiling until reduced to a sticky but fluid sauce.

Once the marinade has come to the boil, place the skewers on the grill. Cook slowly until slightly charred, and cooked to your preference. Transfer skewers to a warm dish, and cover for 5 minutes. Serve with the orange sauce, garnished with sprigs of fresh cilantro.