

LUSCIOUS LAMB RECIPES

Delicious recipes for every cut in your Gimlet Grove
Dorper lamb box



Slow roasted lamb with mint and lemon



Serves 4-6

Prep time: Start the day before

Cook time: 2 hours

Ingredients

- 1 Gimlet grove bone leg of lamb
- 1 cup coarsely chopped fresh mint, plus another 1/2 cup mint leaves
- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- 2 Tbs. fresh lemon juice
- 2 tsp. finely grated lemon zest (from 1 lemon)
- salt and freshly ground black pepper
- 1 cup dry white wine
- 1-1/2 cups chicken stock

Method

Put the lamb in a baking dish. In a small bowl, mix the chopped mint, olive oil, garlic, lemon juice, lemon zest, 2 tsp. salt, and a few grinds of pepper. Massage the mixture into the lamb, then cover and put in the fridge for 8 hours or overnight.

Remove the lamb from the fridge 1 hour before cooking. Heat the oven to 200 C. Put the lamb into a roasting dish, as you put the lamb in the oven lower the heat to 160 C. Roast for 1/2 to 2 hours. Transfer the lamb to a warm platter and cover with foil. Let rest for at least 15 minutes.

If you are feeling fancy or energetic make a gravy. Skim the fat from the top of the pan juices and then put the roasting pan on a burner or two on medium heat. Add the wine, and with a wooden spoon, scrape up all the browned bits. Bring to a boil and cook until the liquid has reduced to about 1/4 cup. Add the stock return to a boil, and reduce the liquid again to about 1 cup. Season with salt and pepper and stir in the mint leaves. Carve the rested lamb and serve with the sauce. Wrap the leftover lamb and store the sauce in an airtight container. It will last up to for up to 4 days in the fridge or freeze for up to 3 months.

Lamb Biryani with Raita

Serves 4-6 Prep time: start the night before or at least 3 hours before.
Cook time 2 hours



Ingredients:

- 2 kg boneless shoulder of lamb, diced
- 3 tablespoons curry powder
- ½ cup yogurt
- 1 tablespoons vegetable oil
- 1 tablespoons butter
- 4 large onions, thinly sliced
- 1 cup basmati rice, rinsed
- 6 whole green cardamom pods
- ¼ cup sultanas
- ¼ cup roasted cashew nuts
- 1 cup chicken stock
- 1 cup milk
- salt and pepper
- 1 cup thick Greek-style yogurt
- ⅓ cup mint leaves, finely chopped.

Method:

In a bowl, combine the curry powder and yogurt together to make a paste. Add the lamb and stir to coat. Cover and put in the fridge for at least 3 hours or overnight if you are organised.

Preheat oven to 180°C. Heat oil and butter in a fry pan. Add the onions and cook for 15 minutes or until caramelised.

Place the marinated lamb into a large casserole dish.
Spoon the remaining onions over the lamb. Sprinkle rice evenly over the lamb and onions. Add the cardamom pods. Top with reserved fried onions, sultanas and cashew nuts. Pour chicken stock and milk over the rice, then cover with foil. Cook for 1¾ hours or until rice is tender. Season with salt and pepper.

In a separate bowl, combine yogurt and 2 tablespoons of the mint leaves.

Spoon lamb into bowls and top with yogurt and remaining mint leaves. Serve with pappadums.

Lamb chops with chickpeas and silverbeet

Serves: 6

Prep time: 5 mins

Cook time: 2. 10 hours



Ingredients

2 kg of thick-cut lamb neck chops

1 cup veal or chicken stock

300 g dried chickpeas, soaked overnight in cold water, drained and rinsed.

2 red onions, finely chopped

4 cloves of garlic, finely sliced

1 tsp finely chopped rosemary leaves

6 anchovy fillets

½ bunch of silverbeet, leaves and steams separated

Finely grated lemon rind from 1 lemon

Method

1. Season the lamb chops well then brown in batches of oil in a heavy casserole pot or a fry pan. If using a slow cooker pot then scrape the pan into the pot to get all the tasty bits. Add the chickpeas to the pot.
2. Fry the onions, garlic and rosemary until soft and slightly soft. Add the anchovies. Break them up with the back of a spoon and add the mixture into the casserole.
3. Cut the silverbeet stalks into 3 cm chunks and add to the casserole along with the wine and the stock. Season well and cover. Cook at 160°C if using the oven or cook on low for 8 hours in slow cooker. Check on liquid levels during cooking and add more stock if needed.

4. Wash and finely slice the silverbeet leaves and mix into the casserole 20 mins before the lamb is cooked. Also add the lemon rind then.

Serve with rice or potatoes or crusty bread.

If you have forgotten to soak the chickpeas overnight, use a can of chickpeas and add them at the same time as the silverbeet leaves.

Lamb racks with breadcrumbs, parsley and lemon

Serves 4

Prep Time:10 mins

Cook time:50 mins



Ingredients

2 (8-bone) Gimlet Grove lamb racks

3 thick slices bread

1/4 cup finely chopped fresh flat-leaf parsley

1 lemon, finely zested

1 clove garlic, crushed

1/4 cup olive oil, plus more as needed for coating lamb

Sea salt and freshly cracked black pepper

2 tablespoons Dijon mustard

Method

Preheat an oven to 180°C, Place the bread on a baking tray, slide it into the oven and toast until the slices are lightly golden, about 20 minutes. Remove the baking tray from the oven, and leave the bread slices out to cool. Using a food processor, blitz the toasted bread, until bread crumbs form add to the bread crumbs,. Tip the breadcrumbs into a bowl add the parsley, zest, and garlic and mix. Pour in 1/4 cup olive oil, and season with salt and black pepper, to taste.

Rub enough extra olive oil to coat the lamb racks.

Season with salt and black pepper, to taste. In a large, hot frying pan, place the lamb racks, fat-side down, and cook over medium heat for 2 minutes. Put the racks to a baking tray, spread their tops evenly with the mustard. Press the bread crumb mixture into the meat. Roast until the lamb is fully cooked and nicely pink, about 30 to 40 minutes. Remove the lamb racks from the oven. Rest the racks under foil, for 5 minutes before serving.

Lamb Shawarma



Serves 4-6

Prep Time: 10 mins start the day before or a least a couple of hours.

Cook time: 4.5 hours

Ingredients

4 tbsp. Local Produce Ladies lamb rub

60ml lemon juice

120ml groundnut oil

40g coriander leaves, and steams.

1 lamb leg, bone in, about 2.5-3kg

Method

Mix the lamb rub, lemon juice, coriander and oil in a medium bowl, and stir to combine.

Use a small sharp knife make little slits a couple of cms deep into the leg of lamb in a few places. Put the lamb in a large roasting pan and rub the marinade all over it, using your hands to massage the meat. Turn the lamb fat-side up, cover the pan with foil and put in the fridge for a couple of hours, or preferably overnight.

Heat oven to 180°C. Remove the foil, and roast lamb in a roasting tray. After 30 minutes of roasting, add about a cup of boiling water to the pan, and use this liquid to baste the meat every hour or so. (Add more water, as needed, making sure there is always a little in the bottom of the pan.) After 90 minutes or so, cover the lamb with foil to prevent the spices from burning. Cook for about 4 1/2 hours all up or until the meat is completely tender. Once the lamb is done, remove it from the oven, and leave to rest for 10 to 15 minutes before carving and serving.

Adapted from Ottolenghi's Jerusalem

Lamb Shanks with Garlic & Vermouth

Serves: 6

Prep: 20 mins

Cooking time: 2 hours or 6 in slow cooker

Ingredients

6 lamb shanks

Salt and freshly ground black pepper

2 Tbs. extra-virgin olive oil

1 cup dry white vermouth or sherry

2 bay leaves

2 whole heads garlic, separated into cloves (unpeeled)

2 tsp. fresh lemon juice; more as needed

1/4 cup chopped fresh herbs, preferably a mix of mint and parsley.

Method

Position a rack in the lower third of the oven and heat the oven to 160°C. If using your oven or get your slow cooker out. Season the shanks all over with salt and pepper.

Heat the oil over medium heat in a large heavy casserole pot or in your slow cooker pot. When the oil is hot add half the shanks and brown them on all sides, 12 to 15 min. total. Set the browned shanks on a plate Repeat with the remaining shanks. When all the shanks are browned, get rid of the fat from the pan.



Heat the pan over medium heat and add the vermouth/sherry. As it boils, stir with a wooden spoon to get all the good bits. Return the shanks to the casserole pot, arranging them as best you can so they fit tightly. Put the bay leaves in between the shanks and scatter the garlic over them. Cover and cook in the oven, turning the shanks every 45 min., until fork-tender, 1-1/2 to 2 hours. Or cook in your slow cooker for high for 6 hours or set low for eight hours. Transfer the shanks to a platter and cover with foil to keep warm. Tilt the pot to pool the juices at one end and skim off and discard any surface fat. Pour what remains in the pot into a medium-mesh sieve set over a bowl. Get rid of the bay leaves. With a rubber spatula or fork, scrape over and press down on the garlic cloves so the pulp goes through but not the skins; make sure you get the pulp clinging to the bottom of the strainer into the sauce. Whisk in the lemon juice. Taste and add salt, pepper, and more lemon juice if needed. Pour the sauce over the shanks and sprinkle with the chopped herbs and a little freshly ground pepper.