

Lamb Recipe - Stuffed Leg of Lamb

Ingredients:

1 x 1,7kg boned leg of lamb
2 cloves garlic, crushed
2ml dried origanum
4ml salt
2ml dried thyme
2ml paprika
50ml flour
500ml water

Stuffing:

20ml oil
5ml butter
2 onions, chopped
200g mushrooms, wiped and sliced
1 green pepper, seeded and diced
100ml toasted, slivered almonds
375ml cooked rice
10ml soy sauce

Method:

Make the stuffing by heating butter and oil and frying half the onion, all the mushrooms, green pepper and almonds. Keep stirring, and remove when nicely browned. Add rice and soy sauce and toss well. Open out leg of lamb and place on rack in roasting pan, adding water and remaining onion at the side. Roast at 160°C for 2 hours, basting a few times with pan juices, then cover loosely with foil and leave in oven for another hour, adding water or stock to roasting pan as necessary. Leave in warming over for 10 minutes, then make gravy from pan juices before carving meat. Serves 6-8.

Lamb Recipe - Glazed Leg of Lamb

Ingredients:

4 cloves garlic, slivered
1 thick slice wholewheat bread, crumbled
50ml seedless raisins
2ml dried thyme
5ml dried marjoram
2ml salt
1 x 1,8-2kg leg of lamb
Flour
15ml oil
2 onions, chopped
Salt and milled black pepper
125ml water
10ml brown vinegar

Glaze:

25ml smooth apricot jam
25ml lemon juice
25ml brown sugar
25ml Worcester sauce
25ml tomato sauce

Method:

Mix garlic with bread, raisins, herbs and salt. Make several incisions in leg and lard with this crumb mixture, then dredge on all sides with a little flour. Heat oil in roasting pan and soften onions. Add leg and brown lightly on all sides. Remove from stove, season, then add water and vinegar. Bake, covered, at 160°C for about 2 hours, until nearly done. Heat ingredients for glaze. Drizzle half of it over the leg, then pour remainder over 15 minutes later. Bake for a further 15 minutes, then place on serving platter and stand in warm place for a short while before carving. If necessary add a little stock to pan drippings to make gravy, and serve as is, or thicken if preferred. Serves 6.

Lamb Recipe - Spiced Lamb Casserole

Ingredients:

50ml oil
1,4kg sliced lamb knuckles

1 large onion, chopped
2 cloves garlic, crushed
5ml turmeric
5ml ground cinnamon
5ml peeled, grated root ginger
10ml ground coriander
2ml ground cumin
2 Granny Smith apples, peeled and diced
50ml chutney
10ml brown sugar
5ml salt
125ml white wine
250ml stock
100ml seedless raisins

Method:

Heat oil in large, heavy frying pan and add knuckles. When well browned remove to baking dish. Turn heat to low, add a dash more oil if necessary and sauté onion. Add garlic and all the spices and toss for a minute, then add apples and remaining ingredients. Mix well, pour over lamb, cover and bake at 160°C for 2 hours. Adjust seasoning and thicken gravy if necessary. Serves about 6.

Lamb Recipe - Savoury Lamb Stew

Ingredients:

4 (700g) large leg chops
2ml paprika
2ml dried thyme
2ml dried oregano
2ml curry powder
35ml flour
2ml salt
Oil
1 large onion, chopped
2 cloves garlic, crushed
375ml beef stock
2 medium tomatoes, skinned and chopped
50ml chopped parsley
50ml seedless raisins
5ml brown sugar
10ml Worcester sauce

Method:

Cut chops in half to make 8 neat pieces and remove any excess fat. Mix together the paprika, herbs, curry powder, 25ml flour and 2 ml salt and coat meat on both sides. Heat 25ml oil in pan and brown chops lightly on both sides over medium heat, in 2 batches, to avoid stewing. Transfer to baking dish to fit closely. Add a little more oil to pan and fry onion and garlic. Sprinkle in 10ml flour, then add stock. Boil up, remove from stove, add tomatoes, and remaining ingredients. Mix well and pour over chops. At this stage you can set dish aside for a while if working ahead. Bake, covered, at 160°C, for 1 hour 30 minutes, stirring once to mix meat and sauce. Serve with casserole potatoes, pumpkin and a green vegetable. Serves 4.

Lamb Recipe - Lamb Chop Casserole

Ingredients:

6 large (1kg) shoulder chops
25ml oil
2 large onions, chopped
2 cloves garlic, crushed
1 green pepper, seeded and diced
50ml flour
50ml tomato sauce
15ml Worcester sauce
15ml light brown sugar
25ml brown vinegar
250ml meat stock
2 bay leaves

Salt and milled black pepper
5ml mixed and dried herbs

Method:

Preheat oven to 200°C. Arrange chops in large baking dish to fit in single layer, and put into oven for 15 minutes. While baking, make sauce by heating oil and frying onions, garlic and green pepper. When softened, remove from stove and stir in flour. When well mixed, add tomato sauce, Worcester sauce, sugar, vinegar, stock and bay leaves and stir to combine. Remove chops from oven and sprinkle with salt, pepper and herbs. Pour sauce over and cover securely. Reduce temperature to 160°C, and bake for about 1 hour 30 minutes, or until tender. Serves 6.