

Autumn | Winter

Welsh Lamb

SEASONAL RECIPES | IDEAS



For news, information and recipes visit
eatwelshlamb.com



“The lush green pastures in Wales provide the ideal habitat for sheep, producing tender meat with bags of flavour.”



Protected Geographical Indication (PGI)

Welsh Lamb's distinctive quality has been recognised by the European Union (EU) as having unique regional characteristics and has been awarded the coveted status of Protected Geographical Indication (PGI).

PGI designation was developed by the EC to encourage diverse agricultural production; protect product names from misuse and imitation; and to help consumers by giving them information concerning the specific character of the products.

PGI establishes a link between the quality, traditions and environment of an area and, in the case of Welsh Lamb, this means you can be assured that only sheep born and reared in Wales – which are fully traceable and have been processed in approved abattoirs – can be sold as Welsh.

With inspections at every stage of the supply chain, Welsh Lamb's quality standards, food safety and traceability are first class – producing some of the best and tastiest lamb money can buy.

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Serves: 2

Cooking time: About 15 minutes

Ingredients

4 lean Welsh lamb leg steaks
seasoning
butter

1 cooking apple, peeled, cored and chopped
150ml (¼pt) red fruit juice, e.g., blueberry, cranberry, etc
50g (2oz) soft dark brown sugar

Autumn Chutney:

15ml (1tbsp) olive oil
1 onion, roughly chopped
1 clove garlic, crushed
½" (1.25cm) root ginger, peeled and grated
3 plums, stoned and roughly chopped

Welsh Lamb Leg Steaks with autumn chutney

Method

Make Autumn Chutney: In a small pan heat the oil. Add the onion, garlic and ginger, cook for a few minutes until softened. Add plums, apple, fruit juice and sugar. Simmer for about 10 minutes until reduced and slightly sticky.

Season the lamb steaks. Preheat a grill or griddle plate and cook lamb steaks for about 4-6 minutes each side (depending on thickness of steak).

When cooked place on a plate, add a small knob of butter to the top of each steak and allow to stand for 3-5 minutes.

Serve steak with buttery juices, Autumn Chutney and seasonal vegetables.



Serves: 4

Cooking time: About 25 minutes

Ingredients

450g (1lb) lean Welsh lamb shoulder, leg or neck fillet (small cubes)
15ml (1tbsp) tikka spice mix or medium curry powder
2 packets pre-cooked rice (about 250g per packet)
25g (1oz) toasted almonds
fresh chopped coriander

Vegetable Curry:
15ml (1tbsp) oil
1 clove garlic, crushed
1 onion, roughly chopped
15ml (1tbsp) medium curry powder
450g (1lb) selection of prepared vegetables from the following, e.g. green beans, tomatoes, cauliflower, peppers, sweetcorn, parsnips, carrots, broccoli
400g approx can chopped tomatoes
30ml (2tbsp) mango chutney

Method

Place in a bowl the tikka spice. Add to this the lamb cubes and mix together thoroughly. Cover and leave to marinate until you are ready.

In a large pan heat oil, add garlic and onion, and cook until softened. Add curry powder and coat all ingredients. Cook spice for 1-2 minutes. Add vegetables, can of tomatoes and mango chutney. Bring to the boil and simmer with lid on for about 15 minutes until all flavours have combined and vegetables are tender. (Add a splash of water if sauce becomes too thick).

Preheat grill and cook lamb cubes on a foil lined grill pan for 10-12 minutes until starting to brown and cooked through. Add to the top of the vegetable curry the pre-cooked rice, but don't stir. On top of the rice place the tikka lamb cubes, replace the lid and allow about 5 minutes to heat everything through.

Sprinkle with toasted almonds and fresh chopped coriander and serve in large scoops making sure everyone gets the vegetable curry, rice and tikka cubes!

Welsh Lamb Biryani



Fruity Welsh Lamb Stirfry

Serves: 4

Cooking time: About 10 minutes

Ingredients

450g (1lb) Welsh lamb leg steaks, cut into thin strips
15ml (1tbsp) oil
5ml (1tsp) sesame oil
1 lemon grass stalk, tough outer layers removed and finely sliced
1 clove garlic, crushed
1" (2.5cm) root ginger, peeled and grated
100ml fruit smoothie e.g. mango & passion fruit
15ml (1tbsp) mango chutney
2 pak choi heads or Chinese leaf, thinly sliced
50g (2oz) mange tout or sugar snap peas, sliced
50g (2oz) broccoli, cut into small florets
225g (8oz) precooked noodles

Method

Heat oils in a large non-stick frying pan or wok. Add the lamb strips, lemon grass, garlic and ginger.

Cook for 4-5 minutes until meat is browned on all sides and cooked through.

Add the mango chutney and stir until it goes a little sticky. Add the vegetables and cook for 2-3 minutes.

Lastly add the fruit smoothie. Top with noodles and allow to heat through & serve.

Serves: Makes 4 - 6

Cooking time: About 30 minutes

Temperature: Gas Mark 6,
200°C, 400°F

Ingredients

2 x Welsh lamb loin eye muscle or neck fillets weighing approx 227g (8oz) each
seasoning
2 sprigs rosemary, finely chopped
45ml (3tbsp) olive oil
150g (5oz) chestnut mushrooms, finely chopped
2 leeks, finely chopped
2 cloves garlic, crushed
100ml white wine
500g packet pre-made puff pastry
plain flour for rolling
1 egg, beaten

Method

Preheat oven to Gas 6, 200°C, 400°F.

Season the lamb and roll in the chopped rosemary. Heat half the oil in a frying pan and sear the lamb on all sides for 5 minutes until brown all over. Remove and set aside.

Heat the remaining oil in the pan and gently fry the mushrooms, leeks and garlic for about 3-4 minutes. Stir in the wine and cook until evaporated. Leave to cool slightly.

Cut pastry block in half and roll into a large rectangle about 5mm thick (big enough to wrap around the lamb). Spoon half the mushroom mixture down the centre of the rectangle and place the lamb on top.

Brush any exposed pastry with the beaten egg and then wrap the pastry around the meat, sealing tightly, trim top and bottom if a little too much pastry. Place on a baking tray, seam side down. Repeat with second piece of lamb.

Brush the pastry all over with the remaining beaten egg and decorate with pastry trimmings if you wish. Bake in preheated oven for 20-25 minutes until pastry is golden brown. Leave to rest for 10 minutes before carving into thick slices.

Serve with creamy mashed potato and seasonal greens.

Welsh Lamb Wellington



Serves: 4

Cooking time: About 35 minutes

Ingredients

For the Meatballs:

450g (1lb) lean minced Welsh lamb
50g (2oz) dried apricots, finely chopped
25g (1oz) pine nuts or toasted flaked almonds
10ml (2tsp) dried cumin
pinch mixed spice
seasoning
30ml (2tbsp) fresh parsley, chopped

For the Risotto:

30ml (2tbsp) olive oil
1 onion, peeled and chopped
5ml (1tsp) dried cumin
pinch mixed spice
225g (8oz) Arborio risotto rice
900ml (1½pts) lamb stock
pomegranate seeds
fresh parsley, chopped



Spicy Welsh Lamb Meatball Risotto

Method

Mix all the meatball ingredients together and shape into about 15-20 small meatballs.

Heat the oil in a large deep pan. Add the onions and lightly cook, add the meatballs and carefully brown on all sides. Add spices and mix well.

Add the rice and combine together.

Pour in the stock, season and stir well. Simmer gently for about 15-20 minutes until the rice is cooked and tender. (You may need to add a splash more stock if the rice absorbs too quickly.) Serve scattered with pomegranate seeds and parsley.

Serves: 4 - 6

Cooking time:

Medium – 25 minutes per 450g/½kg (1lb) plus 25 minutes

Well done – 30 minutes per 450g/½kg (1lb) plus 30 minutes

Temperature: Gas Mark 4-5, 180°C, 350°F

Ingredients

1 boneless leg Welsh lamb

15ml (1tbsp) olive oil

1 onion, roughly chopped

2 cloves garlic, crushed

1 sprig fresh rosemary, sage and tarragon, chopped

100g (4oz) Caerphilly or similar cheese, crumbled

900g new potatoes

4 fresh beetroots, scrubbed & cut in half

2 sprigs fresh rosemary

Boneless Leg of Welsh Lamb

stuffed with Caerphilly cheese, garlic & herbs



Method

Preheat oven to Gas 4, 180°C, 350°F.

Heat oil in a pan and add onion and garlic and cook for 2-3 minutes until softened, but not browned. Add chopped herbs and stir.

Place boneless leg of lamb on a board and open out to flatten. Spoon into the centre of the cavity the onion mixture and crumbled cheese. Spread out but not quite to the edges. Roll joint up and tie with heatproof string.

Weigh the joint and work out the cooking time using timings above. Place in a roasting pan (any leftover stuffing place on the bottom of the pan under the joint), season and drizzle with oil. Roast, basting occasionally.

40-50 minutes before the end of cooking time add new potatoes, beetroot wedges and rosemary sprigs and toss in the juices.

Serve joint thickly sliced with roasted potatoes and beetroot.

