

Lamb recipes

A selection of recipes aimed at helping you make the most of the less common cuts, which are absolutely delicious if cooked appropriately. These are all recipes that I have made up at home and use on a regular basis, there are plenty more available online. We cook on an Aga at home and the temperatures are a bit vague!

Lamb neck

This may not look the most appetizing cut, but it makes an incredibly tender casserole, rich in flavour, when cooked slowly.

Traditional lamb neck casserole with root veg and pearl barley

Serves 2-4 depending on portion size and accompaniments.

Ingredients:

- 1 pack of neck chops (approx. 4 pieces)
- 2 onions, chopped
- 4 medium carrots, sliced thickly
- ½ medium swede, diced
- A handful of pearl barley (dried, for soups)
- 1 beef stock pot
- A few sprigs of rosemary
- A glass of red wine
- 1 tablespoon plain flour



Fry the onions until slightly softened in a little fat of your choice, add the lamb neck and sear the fat for a few minutes. Add the flour and stir well. Add the wine and allow to simmer for a few seconds before adding all the other ingredients. Add enough boiling water to just about cover the contents of the pan. Cover the pan and cook slowly in an oven (about 160C or slow cooker for at least 3 hours. In a slow cooker this is best left all day on low.) If it has been cooked for long enough the meat will have completely fallen off the bones – take care fishing out the bones as there can be some smaller fragments.

Lamb belly/breast

A daunting cut because of the large amount of fat, but when cooked twice it can closely resemble crispy duck from a Chinese takeaway!

Twice cooked harissa lamb belly

Serves 2-4

Ingredients:

1 belly piece

1 tablespoon harissa paste for step 1 (adjust according to taste!)

1 teaspoon harissa paste for step 2 (more or less can be added once cooked, to taste)

1 chopped onion



Smear the outside of the lamb with a tablespoon of harissa paste. Lightly fry the onion, then add the belly and sear the outside. Place the lamb and onion into a slow cooker or a baking tray, add a little boiling water, cover, and cook slowly for 2-3 hours, or longer on low in the slow cooker – the longer the better as long as it doesn't dry out. Remove the lamb once the meat is falling apart and shred it onto another baking tray, removing the majority of the fat. Add another teaspoon or so of harissa paste to the meat and place in a hot oven (190C) for about 10 minutes until sizzling and starting to crisp a little on the edges.

Serve with tortilla wraps and salad akin to crispy duck pancakes. Great with minty yoghurt!

Lamb shoulder

This is a joint which can be roasted or slow cooked. If roasted it is best served pink. If slow cooked it is easier to remove from the bones. The same recipe can be used for any of the large joints of leg/shoulder.

Lamb shoulder tagine

Serves 4-6

Ingredients:

1 lamb shoulder joint

2 chopped red onions

1 ½ cups of chopped dried fruit – any mix of apricots, dates, prunes, sultanas works

2 cloves of garlic, crushed

½ tsp ground cayenne pepper or chilli powder

4 tsp ground cumin

4 tsp ground coriander

2 tsp ground ginger



Fry the onion and garlic in a little oil, then add the meat and brown the outside slightly. Add all the spices and stir well. Add the chopped fruit and about 500ml of hot water. Cover and cook slowly in the oven (160C) for about 3 hours or slow cooker on low all day. Add more water if necessary to prevent drying out. Shred the lamb from the joint before serving with couscous or rice.

Lamb steaks

These are the prime cuts of meat and are best cooked quickly with a simple sauce or gravy. The same recipe can be used for chops.

Lamb steaks with port and redcurrant gravy

Serves 2

Ingredients:

2 steaks

A shot measure of Port or small glass of red wine

1 clove of garlic, crushed

2 teaspoons of redcurrant jelly (or red fruit jam of some kind, or cranberry sauce!)

Balsamic vinegar

1 teaspoon beef gravy granules

Finely chopped fresh rosemary

A little boiling water



Season the steaks with salt and pepper and the rosemary and fry them for approximately 4 minutes per side or until they are cooked to your preference (medium rare is my preference!). Take the steaks out of the pan and place them on a plate in a warm place to rest.

In the same pan fry the garlic in the meat juices until soft, then add the port/red wine and simmer for a minute. Add the jelly/jam and stir until dissolved, then add a splash of balsamic vinegar and the gravy granules. Add the meat juices that have seeped out of the steaks whilst resting, then add enough water to create your preferred consistency of gravy, simmer briefly, and serve with the steaks.

Serve with roast potatoes and veg.

Lamb chops

These can be cooked quickly (best served pink in the middle), or slow cooked. I prefer them slow cooked so that the meat falls off the bones.

Lamb chop curry

Serves 2



Ingredients:

4 chops

1 chopped onion

1 tin of chopped tomatoes

Curry powder/paste of your choice, to taste

You can also add any other veg that you want e.g. spinach or cauliflower. You can also add tinned chickpeas or butter beans (or similar).

Fry the onion and chops until browned, add the curry paste/powder and stir well. Add the tinned tomatoes and any other ingredients you wish to add, and simmer until the sauce is a nice consistency. To make the meat really tender, add some extra water and cover and put in the oven and cook slowly for 2-3 hours.