



SIMPLY SPRING RECIPES

A collection of themed recipes to celebrate the season tastefully with True Aussie Lamb.



#SimplySpring

#AskforAustralian



SIMPLY SPRING **RECIPES**

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AUSTRALIAN LAMB JUST THE THING FOR SPRING



Spring is the season for fresh starts, breaking out of winter ruts and trying new things. Aussie lamb is just the ticket to give new life to tried and true favorites or to have a go with some global flavors you've been wanting to try. And for spring holidays from Easter to Mother's Day, there's no better meat than lamb to celebrate the day with something special.

The good news is, cooking with Australian lamb is easy! As the #1 source of quality lamb in the US, it's right there in your local supermarket. And because it's sustainably pasture-raised without added hormones, you know you're making a great choice for you and your family/friends.

The recipes in this book will set you up for success in the kitchen, from the everyday to the special occasion. Add in our online interactive cooking tool with Chef Adam Moore, and the fun, heart-warming Mother's Day mini-series, you'll find confidence and inspiration to last the whole season. Next time you're at the market, remember to **#askforAustralian!**

Benefits of naturally lean and nutritious Australian Lamb



Excellent source of iron and zinc
— essential for a healthy immune system

4x

4x more iron than chicken
— important for energy and brain function



The iron in lamb is the easiest type (called heme-iron) for the body to absorb and use



Light, fresh and flavorful, these Aussie lamb chops come together in a flash, perfect for any day of the week.



Watch our new Mother's Day mini-series premiering on



@aussiebeeflamb

Starting the week of **April 11th**, you can follow along with three stories of folks getting some expert help in cooking up a special meal for the mum in their life.



TIPS FOR WORRY-FREE WEEKNIGHT MEALS

- 1 **Plan your meals before the week begins** and before you shop to save time, stress and even some pennies. Try a handy app like AnyList that can connect your recipes with a shopping list on your mobile device.
- 2 **Mix up the eat-at-home routine** with some global flavor. Australian lamb is an #aussome carrier from Latin to Asian, there's an easy dish you can make tonight with ready-made sauces or a bunch of simple ingredients from your grocery store
- 3 **Look for shortcuts.** Scratch-made sauces, pastas and handmade tortillas are great, but maybe not mid-week. The store-bought versions are just fine, and your kids will love it just as much.
- 4 **Use recipes that are "hands off"** - with most of the cooking time taking place in an oven, crockpot or an instant pot (give this one a try). You can use the time to be with your family or just kick back with a glass of wine (recommended!)
- 5 **Plan on repurposing your leftovers** - Your holiday Aussie lamb roast can become tomorrow's wrap, tacos or casserole in a flash.
- 6 **Try something new** - simply swap your usual beef option with Australian lamb to provide an instant upgrade to tacos, burgers, pizza and more - voilà a brand new dish!
- 7 **Set a day for some batch cooking** and prep. If you have the time and love to cook, some pre-work on Sunday can set you up for a week of good eating. Just like those exy meal kits, you can have all your ingredients chopped, measured, prepped and ready for instant assembly or simple reheating.

Spring-inspired flavor Pairings

CUISINE	RUB Low and slow cooking or to finish a dish.	MARINADE Overnight and right before/after cooking as a sauce or baste.
American BBQ	Brown sugar, paprika, garlic, onion, pepper, chile, salt	Add neutral flavored oil (such as grapeseed or canola oil)
Mid East	Cumin, coriander, cardamom, caraway, mustard seed, garlic, curry, sage, thyme, brown sugar, salt	Add lemon and blended olive oil
Latin	Chile, cumin, garlic, cinnamon, oregano	Add lime and neutral flavored oil
Mediterranean	Garlic, mint, oregano, rosemary, thyme, basil, chili flake	Add blended olive oil
Asian	Sugar, sesame, ginger, garlic, chive, miso	Add soy sauce, lime and blended sesame oil
How to measure:	8:3:1:1 (sugar:salt:primary inclusion: secondary inclusion)	Overnight: 3:1 (oil to acid*) + salt/inclusions Before/after: 3:2 (oil to acid) + double salt/inclusions
		*Basic acid ingredients generally come from citrus, vinegar or wine

For more flavor pairing ideas, visit www.trueaussiebeefandlamb.com/simply-spring

SIMPLE SWAPS

to liven up family favorites



Your tried-and-true recipe repertoire makes meals a breeze but how do you make them that extra bit special? Simple swaps with Australian lamb provide an instant upgrade and refreshing twist.





Watch for tips
on cooking
aussie lamb



Click Here
for more
diet-friendly
variations

SERVES 4

RECIPE BY TRUE AUSSIE LAMB

AUSSIE LAMB MISO RAMEN NOODLES

Slurp! It's hard to beat a savory ramen on a brisk spring day. It's really just a quick stir-fry of Aussie lamb and veggies, dropped into a miso broth. And way better than those pre-made ramen packs.

Ingredients

- 1 ½-lbs. Australian lamb leg steaks, trimmed
- 2 C water
- 2 Tbsps miso paste
- 1 tsp sunflower oil
- ½ C green beans, cut into ¼ inch lengths
- 1 carrot, peeled and cut into batons
- 1 C thickly sliced cremini mushrooms
- 2 packages ramen noodles (discard seasoning packet)

Method

Brush Aussie lamb steaks with half the miso paste, preheat a lightly oiled chargrill pan or BBQ and chargrill Aussie lamb for 3-4 minutes per side or until cooked to your liking. Rest for 5 minutes and slice. Heat oil in a wok and stir-fry beans, carrot and mushrooms until lightly colored. Add miso and 2 Cs water, noodles and soy and cook for 4-5 minutes until noodles are just heated through.

To serve: Divide noodles, vegetables and soup between serving bowls. Top noodles with sliced Aussie lamb, spring onions and chili, if desired.



SERVES 4

RECIPE BY CHEF ADAM MOORE

EASY AUSTRALIAN LAMB FETTUCCINE

Dinner couldn't be easier when you have leftover cooked Aussie lamb on hand. Simply boil some noodles and make a quick creamy Alfredo sauce.

Ingredients

- 1-lb. Australian lamb, cooked, shredded
- 1-lb. dried fettuccine noodles
- 2 Cs shredded Parmesan cheese
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper

Alfredo sauce:

- 1-qt. heavy cream
- 1 Tbsp minced garlic
- $\frac{3}{4}$ C cream cheese

Garnish:

- 10 roughly chopped fresh basil leaves

Method

For the noodles: Cook the fettuccine according to the package directions. Drain and set aside.

For the alfredo sauce: In a large saucepan over MEDIUM heat, combine the cream and garlic and bring them to a simmer. Add the cream cheese, Parmesan, salt and pepper. Whisk well until the cheese is melted and fully incorporated.

To serve: Toss the cooked pasta with the alfredo sauce and shredded lamb. Divide the portions between plates or bowls and top with the chopped basil. Serve immediately.

Chef tips

Learn how to thaw and reheat lamb for delicious results.

FIND

where to buy Australian lamb near you



Watch Recipe
Video



SERVES 4-6

RECIPE BY CHEF SAM JACKSON

AUSTRALIAN LAMB AND FETA MEATBALLS

Ground Aussie lamb is a natural complement to Greek ingredients like olives and feta cheese. Made into meatballs and bathed in an herbed tomato sauce, they're perfect over pasta or rice, or nestled into warm pita bread.

Ingredients

For the meatballs:

- 2-lbs. Australian ground lamb
- 3 large eggs
- 1 ½ Cs dried breadcrumbs
- ¾ Feta cheese, crumbled
- ½ tsp garlic
- 2 cloves garlic, minced
- 2 Tbsps fresh parsley leaves, chopped
- 2 Tbsps fresh mint leaves, chopped
- 1 lemon, zested
- Salt and pepper to taste
- Olive oil as needed

For the tomato sauce:

- 2 Tbsps olive oil
- 2 shallots, finely sliced
- 4 cloves of garlic, crushed
- 2-lbs. canned tomatoes, chopped
- 1 Tbsp fresh thyme leaves, chopped
- ¼ C green olives, pitted
- ¼ C black olives, pitted
- ½ tsp, superfine sugar

For the garnish:

- Fresh parsley leaves, chopped, as needed
- Lemon wedges as needed

Method

For the meatballs: In a large bowl, combine all the meatball ingredients until mixed thoroughly. Set the mixture aside for 30 minutes in the refrigerator. Roll the meat mixture into 1½-inch balls, using hands dipped in warm water to avoid sticking. Heat olive oil in a large, heavy-bottomed saucepan over medium-high heat. Sear the meatballs in batches until browned on all sides. Place them on a baking sheet and set aside.

For the sauce: Heat the oil in a heavy-bottomed pot over medium heat and sauté the shallots and garlic for 5 minutes, or until the shallots are translucent. Add the canned tomatoes and thyme and reduce the heat to low. Simmer for 30 minutes, or until the sauce comes to a boil, stirring constantly to avoid it sticking and burning on the bottom. Add the olives and then season with salt and pepper and add the sugar. If the sauce is too acidic, add a little more sugar. Serve immediately or cool and refrigerate the sauce until needed.

To cook: Preheat the oven to 350°F. Bake the meatballs on the baking sheet for 6 to 8 minutes, or until cooked through.

Serve with warm sauce. Garnish with parsley and lemon.



SERVES 6

RECIPE BY CHEF MICHELLE LAINEZ

GRILLED HARISSA AUSSIE LAMB BURGER

Swapping in Aussie lamb and a bit of heat from North African harissa is just the thing to make burger night at home a hit.

Ingredients

For the harissa lamb burgers:

- 1 ½-lbs. Australian lamb, ground
- 2 Tbsps Harissa paste
- 1 Shallot, finely chopped
- To taste salt
- To taste pepper
- 4 Brioche buns

For the roasted tomato aioli:

- 1 Large Roma tomato, charred on grill
- 2 garlic cloves, charred on grill
- ½ C mayonnaise
- To taste salt
- To taste pepper

For garnish:

- Crumbled Feta cheese
- Arugula or your favorite green
- Sliced Tomato
- Red onion, Sliced thin
- Cucumbers, Sliced thin

Method

For the roasted tomato aioli: Once all the garlic & tomatoes have been charred & cooled, place them in a blender with mayonnaise and season it to taste with salt & pepper. Set aside for the burger.

For the lamb burgers: Take the ground lamb in a large bowl add the harissa and shallot and mix together. Begin to form them into 6 ounce patties and season both sides with salt and pepper. Cook the patties for about 4 to 6 minutes on each side, for a medium rare burger.

To assemble: Take a brioche bun and toast it on the grill if you like, then add the roasted tomato aioli. Add the lamb patty to the bottom bun and add arugula, feta, onions and cucumbers add the top and enjoy.



SERVES 4

RECIPE BY CHEF CLAUDETTE ZEPEDA

AUSSIE GROUND LAMB & CILANTRO MOJO TACOS

Sweet-spicy mojo is easy to prepare and dynamite on Aussie lamb. Tucking it into a taco is the quickest way to the table!

Ingredients

- 1-lb. Australian lamb, ground

For the mojo:

- ½ C garlic, minced finely
- 2 Tbsps cumin
- 2 Tbsps chipotle powder
- ½ C orange juice
- 3 bunches cilantro, finely minced with 8 stems saved
- ¾ C oil
- ½ C pineapple juice
- Salt and pepper to taste

For taco assembly:

- 8 tortillas
- 1 red onion, julienned
- 1 avocado, sliced

Method

Place large skillet on medium to high heat. Add lamb to pan with a Tbsp of salt and pepper. Use a wooden spoon to break up meat.

Once the meat is caramelized and evenly browned pour in mojo, stir to make sure it evenly coats all the meat.

Season to taste and remove from heat to assemble taco with avocado and red onion as a garnish.



SERVES 4

RECIPE BY CHEF ADAM MOORE

ITALIAN HERB-CRUSTED AUSTRALIAN LAMB LEG PIZZA

Dried spices and fresh herbs combine to make a flavor-packed mixture for this sliced lamb loin-topped pizza. Sprinkle with more fresh herbs, chili flakes, Parmesan cheese and/or your favorite hot sauce after baking, for an extra kick of flavor.

Ingredients

- 2 Australian lamb loins, thinly sliced ($\frac{1}{4}$ inch)
- 2 Tbsps vegetable oil
- 2 Tbsps Parmesan cheese, grated
- 1 Tbsp Italian seasoning or all-purpose lamb seasoning
([click here for the recipe](#))
- $\frac{1}{2}$ tsp salt
- 1 Tbsp Dijon mustard
- 1 Tbsp each dried or 3 Tbsps fresh Italian parsley, rosemary and thyme, chopped
- 1 clove garlic
- 1 Tbsp fennel seeds
- 1 tsp crushed red pepper flakes

Alternate cuts:

- ground lamb or lamb leg (cut into strips)

For the pizza:

- Four (8-10-inch) pitas or naan flatbreads
- $\frac{1}{2}$ C store-bought pizza sauce, divided
- 2 Cs shredded mozzarella cheese, divided

Method

Preheat the oven to 450°F. In a large bowl, mix the lamb topping ingredients until well combined. Line a baking sheet with parchment paper. Place the flatbreads on the baking sheet and evenly spread

2 Tbsps of sauce on each. Sprinkle $\frac{1}{2}$ C of mozzarella on each pizza. Spread the seasoned lamb loin topping across the pizzas. Bake the pizzas for 15 minutes. When the cheese is bubbling and just starting to turn golden, remove the pizzas and place them on a cutting board. Allow to cool for 3 or 4 minutes before slicing. Slice and serve immediately.

EASY PEASY

lamb recipes

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The fresh flavors of spring are a great match with mild, lean Australian lamb when looking for simple, delicious and nutritious meals to get through a busy week.





SERVES 4

RECIPE BY CHEF ADAM MOORE

WEEKNIGHT AUSSIE LAMB GYROS WITH TZATZIKI SAUCE

Be a hero and make gyros for dinner!
In 20 minutes, you can have these wraps ready to eat.

Ingredients

For the lamb:

- 1-lb. Australian lamb leg, trimmed and cut into steaks
- 2 Tbsps dried Italian herb blend (or All-Purpose Greek Seasoning)
- 1 to 2 Tbsps kosher salt
- 1 small sweet onion, slivered
- 2 Tbsps vegetable oil
- 1 Tbsp lemon juice
- 2 Tbsps Fresh dill, chopped
- Kosher salt, to taste
- Fresh cracked pepper, to taste
- 4 pieces pita bread

Garnish:

- Thinly sliced English cucumber, as desired

For the Tzatziki sauce:

- 1 C of Plain Greek yogurt, drained
- 1 English cucumber, seeded, grated and drained
- 2 cloves of garlic
- 1 tsp lemon zest

Method

For the lamb: Preheat a large skillet over MEDIUM-HIGH heat. In a large bowl, combine the lamb, herb blend, salt, onion, and oil. Toss to coat. Place the meat and onion in the skillet and cook until the meat is browned on both sides and the onions are translucent, 8 to 10 minutes. Allow the meat to rest out of the pan for 5 minutes, then slice it into thin strips and toss it with the sautéed onion.

For the Tzatziki sauce: In a medium bowl, combine the yogurt, cucumber, garlic, lemon zest, lemon juice, dill, salt, and pepper. Mix well and set aside. Cover and refrigerate if making ahead.

To serve: Place one quarter of the meat inside each pita pocket, top with sliced cucumber, and garnish with tzatziki sauce.



SERVES 4

RECIPE BY TRUE AUSSIE LAMB

HERB-CRUSTED AUSTRALIAN LAMB WITH RED CABBAGE AND GREEN APPLE SLAW

This one looks gorgeous on the 'gram, and comes together in a flash. Quick-cooking Aussie lamb chops are done in the oven while you whip up a tasty honey-lemon dressing for the salad. Delish!

Ingredients

- 8-12 Australian lollypop chops or 1 Australian lamb rack, trimmed into 8 chops
 - 2 Tbsps flat leaf parsley, roughly chopped
 - 2 Tbsps oregano, roughly chopped
 - ¼ C parmesan cheese, finely grated
 - ⅓ C breadcrumbs
- For salad:**
- 2 Tbsps lemon juice
 - 2 Tbsps honey
 - 2 Tbsps extra virgin olive oil
 - 2 Cs shredded red cabbage
 - 2 green apples, cored, thinly sliced
 - ⅓ C mint leaves
 - ⅓ C dill sprigs

Method

For herb crust: To make herb crust, place herbs parmesan and breadcrumbs in a small bowl, and toss to combine.

To cook: Preheat a grill to HIGH. Scatter herb crust evenly over Aussie lamb cutlets and place on a large oven tray. Grill on middle shelf for 15 minutes or until cooked to your liking. Rest, covered loosely with foil, for 5 minutes before serving.

For the salad: Meanwhile, to make the salad, whisk juice, honey and oil in a large bowl until combined. Add cabbage, apples and herbs and toss to combine.

To serve: To serve, divide salad among four plates and top with cutlets.

Chef tips

Find more delicious crust ideas here.

FIND

where to buy Australian lamb near you



Watch Recipe
Video



SERVES 4

RECIPE BY CHEF ADAM MOORE

SIMPLE SPRING AUSSIE LAMB RAGOUT

In-season sweet root vegetables are a natural complement to spring lamb. Serve this hearty meat sauce over tender noodles, mashed potatoes or rice.

Ingredients

- 1-lb. Australian lamb, ground lamb
- ¼ C vegetable oil
- 1 ½ Cs sliced sweet onion
- 1 ½ Cs sliced fennel
- 1 ½ Cs peeled and diced carrot
- ¾ C peeled and diced garlic
- 6 Tbsps all-purpose lamb rub or other spice rub for lamb ([Click here for the recipe](#))
- 2 Cs canned diced tomatoes
- 2 Cs vegetable stock
- 1 ½ Cs shelled edamame (frozen or fresh)

Method

In a large sauté pan over HIGH heat, add the oil and sauté the onion, fennel, carrot and garlic until browned. Add the ground lamb and rub and continue to cook for 5 minutes. Add the tomatoes, stock and edamame and simmer until the vegetables are tender and the liquid has reduced. Serve immediately.



SERVES 4

RECIPE BY TRUE AUSSIE LAMB

AUSTRALIAN LAMB KABOBS WRAPPED IN PITA

What's easier than meat on a stick? There's a reason the kabob is popular with families around the world, and usually includes lamb.

Ingredients

- 1 ½-lbs. Australian lamb leg, boneless, cut into 1-inch cubes
- 1 Tbsp and 1 tsp fresh thyme
- 2 cloves garlic, divided and minced
- 1 tsp salt
- ½ tsp freshly ground pepper
- 1 C plain whole-milk yogurt
- 1 Tbsp fresh lemon juice
- 4-6 large pitas

Garnish:

- Chopped lettuce and tabbouleh or diced tomato

Method

Place the lamb in a large bowl. Combine 1 Tbsp of the thyme, half the garlic and the salt and pepper, then add to the lamb and toss well. Cover and leave for 20 minutes to allow the flavors to infuse. Thread onto metal or presoaked wooden skewers.

Place the yogurt in a small bowl and add the remaining thyme and garlic and the lemon juice. Mix well. Season to taste with salt and pepper. Broil or barbecue the kabobs over medium to high heat until cooked as desired, about 4-5 minutes each side for medium rare.

Toast the pitas lightly on the grill until just warmed, and top with the lettuce and tabbouleh or tomato. Remove the lamb from the skewers and place on salad. Drizzle with the yogurt and wrap firmly into a roll.

Chef tips

The lamb can be diced and seasoned the day before and stored, covered, in the refrigerator. Allow to stand at room temperature for 5-10 minutes before cooking. The yogurt mixture can also be made a day ahead and refrigerated in a sealed container.



Watch Recipe
Video

SERVES 4

RECIPE BY CHEF HEATHER WALKER

INSTANT POT RASPBERRY AND RED WINE RACK OF AUSSIE LAMB

Let the instant-pot do the work! They'll think you spent all day on this upscale recipe, when it's really "set in and forget it"

Ingredients

- 1.75-lbs. Australian Lamb shoulder chops
- 2 Tbsps olive oil
- 1 large thyme bundle (About ¼ C)
- 2 C quality beef stock
- 1 C red wine (Shiraz)
- 10 oz. bag of frozen raspberries (thawed)
- 4 large garlic cloves, minced or pressed
- 3 Tbsps tomato paste

Alternate cuts:

- Lamb leg steaks or t-bone chops

Method

Turn Instant Pot onto the sauté setting. When heated, add the olive oil and 2-3 sections of lamb. Sear on all sides for about 2 minutes. Add the garlic about halfway through. Sear the meat in batches until all pieces are completely seared on all sides and the garlic is fragrant and soft.

Remove the meat and deglaze the pot with the beef stock. Add the red wine, tomato paste, thyme and raspberries. Stir to combine and bring to a simmer. Add the meat back in so it's almost completely submerged, and reset the Instant Pot to pressure cook (high pressure). Set the timer for 40 minutes, cover, lock and close the vent.

After the 40-minute timer is up, allow the steam pressure to naturally release for an additional 20 minutes. Manually release the remaining steam pressure and carefully uncover.

Plate each serving. Stir the leftover broth well and ladle a few spoonfuls of the broth over the meat and side dishes. Serve immediately.



SERVES 4

RECIPE BY CHEF RENEE SCHAROFF

ROSEMARY GARLIC AUSSIE LAMB CHOPS

#classicforareason! These are so simple and quick to make, but taste like a million bucks. Pair them with polenta or your favorite sides and dinner is DONE.

Ingredients

- 8 Australian lamb chops, trimmed or 1 Australian lamb rack trimmed to 8 chops
- 6 garlic cloves, minced
- ½ C extra-virgin olive oil
- Leaves from 3-4 sprigs of fresh rosemary, finely chopped
- 1 tsp salt
- 1 tsp pepper

Method

Preparation (1-hour prior to cooking)

Put the lamb chops in a shallow baking dish. In a bowl, stir together the garlic, oil, rosemary, salt, and pepper. Pour the oil mixture over the chops and let them sit at room temperature for 1 hour before cooking.

Preheat the broiler to medium-high and cover a broiler pan or baking sheet with foil. Place the chops in a single layer on the pan and broil them for 4 minutes on each side. They should be well browned but still pink in the middle. Serve two chops per person with some of the collected juices.



LAMB AROUND

THE WORLD



We're all ready to mix up the eat-at-home routine with some new recipes and flavors. Australian lamb is a great place to start, and an #ausome carrier for global flavors.



SERVES 4

RECIPE BY TRUE AUSSIE LAMB

AUSTRALIAN LAMB BIRIYANI WITH RAITA

A delicious traditional comfort food in India, this dish is worth the effort, mate! Leftovers the next day might be even better...

Ingredients

- 1-lb. Australian lamb leg, boneless, diced
 - 3 Tbsps curry powder
 - ½ C yogurt
 - 1 Tbsp vegetable oil
 - 1 Tbsp butter
 - 4 large yellow onions, thinly sliced
 - 1 C basmati rice, rinsed
 - ¼ C golden raisins
 - ¼ C roasted cashew nuts
 - 1 C chicken stock
 - 1 C milk
 - Salt and pepper, to taste
 - 1 C thick Greek-style yogurt
 - ⅓ C mint leaves, finely chopped, divided
- To Serve:**
- 8 small pappadums, cooked (crispy Indian flatbreads) or naan

Method

In a ceramic bowl, combine the curry powder and yogurt together to make a paste. Add the lamb and stir to coat. Cover and refrigerate at least 3 hours or overnight if time permits. Preheat oven to 350°F. Heat oil and butter in a fry pan. Add the onions and cook for 15 minutes or until caramelized. Reserve approximately 2 Tbsps of the fried onions for garnish.

Place the marinated lamb into an 8-C capacity ovenproof 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. Bake for 1¼ hours or until rice is tender. Season with salt and pepper.

In a separate bowl, combine yogurt and 2 Tbsps of the mint leaves. Spoon lamb into bowls and top with yogurt mixture and remaining mint leaves. Serve with pappadums or fresh naan.



Watch Recipe
Video



SERVES 4

RECIPE BY CHEF ANTHONY JACQUET

CROCK-POT AUSTRALIAN LAMB “ROPA DE VIEJA”

This Cuban comfort food literally means “old clothes” but there’s nothing tired about it! It’s flavorful and satisfying, and the crock-pot does the work.

Ingredients

- ¼ C vegetable oil
- 2-3-lbs. Australian lamb leg, trimmed
- Kosher salt to taste
- Black pepper to taste
- 1 C yellow onion, sliced
- 1 C red bell pepper, sliced
- 1 C yellow bell pepper, sliced
- ¾ C tomato sauce
- 1 C vegetable stock
- 2 Cs petite diced tomatoes
- 3 Tbsps capers
- 3 Tbsps kalamata olives
- 4 garlic cloves
- 1 Tbsp smoked paprika
- 1 Tbsp ground cumin
- 3 Tbsps dried Italian herb blend

Sofrito Rice :

- 3 Cs jasmine rice
- 4 ½ C water
- 4 Tbsps vegetable oil
- 1 Tbsp SPIKE seasoning
- ¼ bunch green onion, sliced

Method

Preheat a large skillet over high heat and add oil. Season lamb leg with salt and pepper and add to skillet. Sear meat on all sides until golden brown. Meanwhile, add all ingredients to the crock pot and set to HIGH. Cook for 4 hours or until meat is very tender. Remove meat from crock pot and shred.

For the rice: Place all ingredients in a rice cooker, or in a large sauce pan over low heat, except for green onions. Cook until rice is tender and fluff in the green onion. Reserve until ready to use.

To serve, place shredded meat over sofrito rice and top with remaining juices and vegetables from the crock pot.



Watch how to
make lamb
stock



SERVES 4

RECIPE BY CHEF DAVID OLSON

MOROCCAN AUSSIE LAMB SHANK TAGINE

The Tagine is the prince of dishes from North Africa; redolent with spices, it's showy, aromatic and delicious with Aussie lamb shanks. Best of all, you can get a lot done (or kick up your heels) during the long, slow cook in the oven.

Ingredients

- 4-6 Australian lamb shanks
- Olive oil
- Kosher salt and fresh ground peppercorn, to taste
- 3 Cs lamb stock
- 1 C dried apricots, chopped
- ½ C golden raisins
- 2 medium red onions, thinly sliced
- 4-6 garlic cloves, minced
- 1 small piece of ginger root, peeled and minced
- 2-3 Tbsps Ras el Hanout
- 1 tsp cumin
- ½ tsp cayenne pepper
- 1 Tbsp tomato paste
- 15-oz. can tomatoes, peeled and chopped (or diced), drained
- 1-lb. butternut squash, ½"-¾" cubes
- 1 Tbsp honey
- ½ C cilantro, loosely packed
- 2 Tbsps unsalted butter
- 1 cinnamon stick
- 1 C hazelnuts, roughly chopped
- Kosher salt, to taste
- Mint, to garnish
- Orange zest couscous

Method

Preparation (Either night before or 4 hours before cooking): Season lamb liberally with olive oil, salt and pepper, and refrigerate.

To cook: Remove lamb from refrigeration 1 hour prior to cooking and rest on counter to bring near room temperature. In a saucepan over medium-high heat, bring lamb stock to a boil, remove from heat, add apricots and raisins. Set aside to cool and steep. In a Dutch oven over medium-high heat, warm olive oil and work lamb shanks in batches to brown on all sides. Remove lamb from heat and set aside to rest under tin foil tent. In same Dutch oven, add onion and sauté until just golden and fragrant. Add garlic, seasonings, paste and chopped tomatoes, squash, honey, cilantro, stock and steeped fruits, along with browned lamb shanks. Fold all ingredients together until well-combined. Seal with tin foil, then top with lid before placing inside a 350°-400°F oven for 2-2½ hours, or until the lamb is cooked through and fall-from-the-bone tender.

Meanwhile, prepare couscous and over a separate burner, warm 2 Tbsps butter in a sauté pan with cinnamon stick. Toss chopped hazelnuts into butter, season to taste with salt and sauté until golden. Set aside to cool.

To plate, spoon orange-zested couscous onto plate. Top with lamb shank, then spoon aromatics and sauce over the plated shank. Garnish with sautéed hazelnuts and leaves of mint. Serve.



Watch how to
perfectly brown
your lamb



SERVES 4

RECIPE BY CHEF ADAM MOORE

SWEET AND SPICY AUSSIE LAMB CHOPS WITH BUCKWHEAT SALAD

A simple grain salad with buckwheat, fresh herbs, summer corn and heirloom tomatoes gets much sexier with champagne vinaigrette and lamb chops glazed with honey and spicy Korean gochujang, then kissed on the grill.

Ingredients

- 8 Australian lamb chops
- 2 Tbsps vegetable oil
- Kosher salt and black pepper to taste

Buckwheat salad:

- 2 Cs toasted buckwheat groats
- 1 C fresh flat-leaf parsley leaves
- 1 C red bell pepper, finely diced
- 1 C sweet corn kernels
- 1 heirloom tomato, diced

Champagne vinaigrette:

- ¼ C Dijon mustard
- 12 Cs lemon juice
- ¼ C apple cider vinegar
- 1 Tbsp brown sugar
- ½ tsp kosher salt
- ¼ tsp black pepper
- 2 Tbsps minced garlic
- ¼ tsp dried basil
- ¼ tsp dried oregano
- 2 Cs canola oil

Alternate cuts:

- 1 Australian lamb rack trimmed to 8 chops
- 8 t-bone chops

Salad garnish:

- ¼ C pickled shallots, thinly sliced
- 1 ripe avocado, diced

Gochujang-honey glaze:

- ¼ C gochujang red chile paste
- ¼ C clover honey

Garnish:

- Chopped fresh chives, as needed

Method

For the salad: Cook the buckwheat as directed on the package. Drain and refrigerate until cold.

For the vinaigrette: Combine all ingredients except the oil in a food processor. Begin the processor and slowly drizzle in the oil until combined. Refrigerate until ready to use. In a large bowl, combine the chilled buckwheat with the parsley, bell pepper, corn, and tomatoes. Mix well and season with salt and pepper to taste. Toss with about ½ C of the vinaigrette and top with the shallots and avocado.

For the gochujang-honey glaze: In a small bowl, combine both ingredients and whisk until combined. Set aside.

For the lamb chops: Preheat a large skillet over high heat and add oil. Season the lamb chops with salt and pepper. Once the oil begins to smoke, sear the chops for 2 minutes on each side. Brush each chop with 1 Tbsp of glaze and allow it to rest for 5 minutes before serving.

To serve: Place two lamb chops and ½ C of the buckwheat salad on the plate, garnished with fresh chopped chives.



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SERVES 4

RECIPE BY TRUE AUSSIE LAMB

TURKISH-STYLE AUSSIE LAMB FLATBREADS

These lamb flatbreads are a take on a classic street food in Turkish cuisine. Look for the Moroccan spice blend ras al hanout at your favorite spice shop.

Ingredients

- 1-lb. Australian lamb, ground
- 2 Tbsps olive oil
- 1 yellow onion, peeled and finely diced
- 2 Tbsps Moroccan seasoning mix
- 1 C baby spinach leaves, washed and trimmed
- ¼ C pine nuts, toasted
- 2 Tbsps currants
- Salt and freshly ground black pepper
- 1 large Turkish flatbread
- 2 oz. feta, crumbled
- ½ C fresh parsley leaves
- Tzatziki for serving

Method

Preheat oven to 400°F.

Heat the olive oil in a large frying pan, add the onion and cook, stirring until soft and light golden.

Add the ground lamb and cook until all the lamb has browned, stirring to break up any lumps. Add the Moroccan mix and cook until aromatic. Add the spinach and cook until wilted, approximately

2 minutes. Remove from heat and stir in the pine nuts and currants. Season with salt and pepper.

Cut bread in half lengthwise, creating two large flat pieces of bread to use as a base. Place bread onto a baking sheet, top with lamb mixture and sprinkle with crumbled feta. Bake in oven 15 minutes or until crisp and hot. Sprinkle parsley over the flatbread and serve with tzatziki.



Watch Recipe
Video



SERVES 4

RECIPE BY CHEF ADAM MOORE

THAI-GLAZED AUSSIE LAMB LOIN CHOPS WITH SWEET CORN SLAW

Just a few authentic ingredients for the glaze on quick-grilling Aussie lamb loin chops, and a colorful, fresh and summery corn-cabbage-cucumber slaw...makes a weeknight meal spring-tastic.

Ingredients

- 8 Australian lamb loin (t-bone) chops, trimmed
- 2 Tbsps finely chopped palm sugar (or brown sugar)
- 2 Tbsps fish sauce
- 2 Tbsps tamarind puree
- 2 corn cobs, husks removed
- ¼ head thinly sliced red cabbage
- 1 cucumber, halved lengthways and sliced on the diagonal
- ½ C mint leaves
- 1 lime, juiced, plus wedges to serve
- Salt, to taste

Method

To prep: Place lamb loin chops on a plate or tray in a single layer. Combine palm sugar, fish sauce and tamarind in a jug and use a pastry brush to coat the lamb chops on both sides with the glaze.

To cook: Preheat a BBQ or chargrill pan and cook corn for about 15 minutes, turning occasionally, until grill marks appear. Allow to cool slightly and cut kernels off the cob. Place in a large bowl with cabbage, cucumber, mint and lime juice. Season with salt and pepper and toss to combine. Cook lamb chops on BBQ or chargrill pan for 5-6 minutes per side, then turn and cook edges until crispy. Rest for 5-10 minutes. Sprinkle with a few flakes of salt to serve.

To serve: Serve lamb with slaw and lime wedges.

CELEBRATE SPRING HOLIDAYS

with Australian lamb



Holidays call for special meals, and Easter perhaps more than any other day calls for lamb. Whether it's brunch, lunch or a family dinner, pasture-raised lamb from Australia elevates the meal to something special. Mother's Day is another occasion that calls for an upgrade to Australian lamb. It's widely available and with these sure-fire recipes, you can easily whip up a delicious meal for that special mom in your life.





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 for more
 diet-friendly
 variations

SERVES 4

RECIPE BY CHEF RACHEL KLEIN

GRILLED AUSSIE LAMB WITH BLISTERED CHERRY TOMATOES AND BEARNAISE

An easy but impressive dish for entertaining friends or family meal, and it does double duty if you have extra béarnaise. Save it to serve over homemade eggs Benedict for Sunday brunch.

Ingredients

- 1 Australian lamb leg, cut into steaks
- Kosher salt to taste
- Black pepper to taste

For the gremolata:

- 1 C plus 2 Tbsps fresh tarragon leaves, chopped
- 2 Tbsps lemon zest
- 2 Tbsps, plus extra for cooking olive oil
- 1 pint cherry tomatoes

For the béarnaise:

- 2 Tbsps white wine vinegar
- 1 tsp black peppercorns
- 6 large egg yolks
- 2 Cs melted, unsalted butter
- Fresh lemon juice as needed

Method

Preheat a grill to HIGH or you can use a grill pan on the stove. Season the steaks with salt and pepper and set aside.

In a small bowl, make a gremolata by combining 1 C of the tarragon, the lemon zest, garlic and olive oil. Season with salt and set aside. Put a small skillet directly on the grill with a little bit of oil in the pan. When the oil starts to shimmer, add the tomatoes and sauté them until they blister, about 4 minutes. Season with salt and set aside.

In a small pot, combine the vinegar and peppercorns over medium heat; reduce by half. Strain out the peppercorns. In a large bowl over a pot of simmering water, combine the egg yolks and strained vinegar and whisk. The egg yolks will start to thicken; be careful not to scramble the eggs. If the bowl gets too hot, take it off of the pot. Once the egg mixture is nice and thick, whisk in the butter in a continuous stream. Put the bowl back on the simmering water; if the mixture gets too cold, whisk in all the butter. Season with salt and a squeeze of lemon juice, and mix in the remaining 2 Tbsps of the tarragon. Set aside in a warm place.

Grill the steaks for about 4 minutes on each side for medium doneness. Let them rest on a plate for 5 minutes. Serve the chops with the blistered tomatoes, gremolata and sauce.



SERVES 6

RECIPE BY TRUE AUSSIE LAMB

CRANBERRY-MARINATED RACK OF AUSTRALIAN LAMB WITH ALMOND WILD RICE

Rack of Aussie lamb always makes a splash, and even more so with this cranberry-infused version.

Ingredients

Lamb Ingredients:

- 2 Australian lamb racks, frenched
- 1 C pure cranberry or pomegranate juice
- 1 C white or red wine
- ½ C cranberries
- 1 sprig fresh rosemary
- 2 Tbsps olive oil
- Salt and freshly ground pepper, to taste

Almond Wild Rice Ingredients:

- ½ C pure wild rice
- ½ C sliced almonds
- 2 Tbsps fresh oregano leaves, chopped
- ½ orange, juice and zest

Method

Place racks of lamb in large, deep dish. Add juice, wine, cranberries, and rosemary. Cover and marinate 2-3 hours or overnight. Remove lamb from marinade, pat dry and season to taste.

Place marinade in saucepan and bring to a boil. Reduce heat and simmer until reduced to a thin glaze. Discard rosemary. Keep glaze warm. For the rice, place rice in pan of cold, salted water, and bring to a boil. Cook for 10 minutes. Turn off heat, cover and allow to steam 20 minutes (rice will swell and curl). Return to a simmer and cook 10 minutes or until tender. Keep warm. Just before serving, toss through the almonds, oregano, orange juice and zest.

While rice is cooking, preheat oven to 400°F. Heat oil in a large pan and sear lamb on all sides to brown, place in oven and cook 8-10 minutes for medium rare or until cooked as desired. Allow to rest for a few minutes before slicing into individual chops. Toss rice with the almonds, oregano, juice, and zest.

Chef Tip: Cook the rice and marinate the lamb the day before. Heat rice through in a pan with a little water, stock or wine, and toss with the remaining ingredients just before serving.

Chef tips

Cook the rice and marinate the lamb the day before. Heat rice through in a pan with a little water, stock or wine, and toss with the remaining ingredients just before serving.



Recipe Video
and Instant Pot
Method



SERVES 4

RECIPE BY CHEF ADAM MOORE

AUSSIE LAMB AND SAUSAGE GUMBO

Nothing says New Orleans like gumbo. Here it's updated with Aussie lamb. Serve it the way they do in the Big Easy, over steaming rice.

Ingredients

- 1-lb. Australian lamb leg, trimmed and diced
- 1 slice minced bacon
- 8-oz. Andouille sausage
- 1 Tbsp smoked paprika
- 1 Tbsp dried thyme
- 4 Tbsps flour
- 1 onion, diced
- 1 green pepper, diced
- 2 stalks of celery, diced
- 2 Tbsps garlic, minced
- 5 C vegetable stock
- Kosher salt and black pepper to taste
- Fresh thyme leaves and parsley leaves as desired

Method

Preheat a large sauce pot over medium heat. Add the bacon and cook, stirring occasionally, until the fat has been rendered. Add the lamb, sausage, paprika, and dried thyme; cook until lightly browned, about 7 minutes. Stir in the flour to create a roux. Cook it for 1 minute. Add the onion, bell pepper, celery, and garlic. Cook until the onions are translucent and fragrant.

Add the stock and bring it to a boil. Cook for 30 minutes, reducing the mixture by about a quarter. Add salt and pepper to taste. When the desired flavor is achieved, add Kitchen Bouquet, if desired, to develop a darker color. Garnish bowls of gumbo with fresh chopped thyme and parsley.



Watch Recipe
Video

SERVES 4

RECIPE BY JODI REINER, FINE COOKING MAGAZINE

GRILLED AUSSIE LAMB TACOS WITH POMEGRANATE-MINT SALSA

Ginger-and-garlic rubbed lamb plus a sweet-sour pomegranate and mint relish puts a Mediterranean spin on the beloved Mexican street food.

Ingredients

- 1-½-lbs. Australian lamb loin or leg at room temperature
- 2 Tbls coconut oil, melted and slightly cooled
- 2 tsps minced fresh garlic
- 2 tsps minced fresh ginger
- Kosher salt and freshly ground black pepper
- 1 C pomegranate seeds
- ½ C finely diced red onion
- 2 Tbls minced fresh jalapeno, more to taste
- ¼ C fresh lime juice
- 8 to 10 white corn tortillas, warmed
- 6-oz. queso blanco, crumbled
- ½ C chopped fresh mint

Method

In a large bowl, combine the coconut oil, garlic, ginger, 1 tsp. salt, and 1/4 tsp. pepper. Add the lamb and turn to coat. Let sit at room temperature for 30 minutes.

Meanwhile, in a medium bowl, stir together the pomegranate seeds, onion, jalapeno, and lime juice. Season to taste with salt and pepper.

Prepare a medium-high gas or charcoal grill fire. Remove the lamb from the marinade, letting any excess drip back into the bowl. Grill directly on the grate, flipping once, until deep golden-brown outside and medium rare inside, about 8 minutes total. Let the lamb rest at room temperature for 10 minutes before slicing.

While the lamb rests, heat a cast-iron griddle over medium-high heat. Put the tortillas on the griddle (working in batches, if necessary) and sprinkle a little queso on each. Cook until the tortillas are warmed and the queso is melty. Slice the lamb, and distribute the lamb evenly among the tortillas. Stir the fresh mint into the pomegranate salsa, then top each taco with a little salsa and serve with the remaining salsa on the side.



SERVES 4

RECIPE BY TRUE AUSSIE LAMB

MIDDLE EASTERN STYLE ROAST AUSSIE LAMB

An Aussie Lamb roast for a family gathering pays dividends with all the leftovers. This simple roast is #aussome with tahini-roasted carrots, and we'd gladly have it the next day in a wrap or pita.

Ingredients

For the lamb:

- 1 Australian lamb leg or shoulder
- ¼ C olive oil
- 1 tsp cinnamon, ground
- 1 tsp nutmeg
- 1 tsp sweet paprika
- ½ tsp black pepper
- 3 tps salt
- 6 garlic cloves
- 8 rosemary sprigs, small

For the carrots:

- 2 bunches carrots
- 2 tps olive oil
- 3 Tbsps tahini
- 2 tps cumin
- 1 Tbsp honey
- Salt and pepper, to taste

To serve:

- 1 C greek yogurt, natural
- ½ each juiced lemon

Method

For the lamb: Preheat oven to 400°F. Mix the Aussie lamb rub spices together with olive oil and rub all over the surface of the Aussie lamb. Pierce the Aussie lamb with small incisions randomly with a small knife and stuff with whole garlic cloves and rosemary sprigs. Bake the Aussie lamb for 30 minutes until browned. Once browned, wrap the shoulder in baking paper then foil. Reduce the oven heat to 325°F and cook for a further 2 hours until very tender.

For the carrots: Wash and trim the carrots and mix in tahini, cumin, honey, olive oil and season with salt and pepper. Keep to one side and bake at 325°F for the last 20 minutes with the lamb.

To serve: Rest the lamb for 10 minutes before carving. Serve with yogurt mixed with lemon juice



Watch Recipe
Video

SERVES 4

RECIPE BY TRUE AUSSIE LAMB

AUSSIE ROAST LAMB LEG WITH PLUM AND MACADAMIA NUT STUFFING

Stuffed and roasted, an Aussie lamb leg looks amazing at the holiday table.
And it's miles easier than you think!

Ingredients

- 1 Australian lamb leg, boneless
- Olive oil for cooking
- Salt and freshly ground pepper
- 3 ounces dried plums
- ½ C white wine
- 1 C water
- ½ C raw sugar
- 4-oz. hardy white bread, cut into small cubes
- Salt and ground white pepper
- 3-oz. unsalted macadamia nuts, roughly chopped


Method

Preheat the oven to 300°F.

Simmer dried plums, white wine, water and sugar until soft, remove the plums and reduce the syrup until sticky, approximately 10 minutes.

Place the bread into a bowl and pour the plum mixture over while hot so as to allow the juices to soak into the bread. Season with salt and white pepper. Add the macadamias and mix until combined.

Stuff the cavity of the leg of lamb with the prepared stuffing. Use a wooden skewer to hold the opening together while cooking. Rub the surface with some olive oil, salt and pepper, and place prepared leg on a rack in roasting pan. Cook in oven, uncovered, for 1½ hours. Remove from oven and cover with foil. Allow to rest 10-15 minutes.



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