



TRUE  
AUSSIE  
LAMB

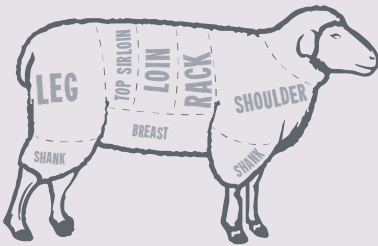
# COOKING LAMB IS SIMPLE

For more recipe ideas and  
to try out our handy  
interactive Cook your  
own Adventure tool

[CLICK HERE.](#)

#SimplySpring  
#AskforAustralian

## Tips, Tricks and Flavor Pairings



THE CUT	<ul style="list-style-type: none"><li>• top sirloin</li><li>• rump</li><li>• leg</li><li>• hind shank</li></ul>	<ul style="list-style-type: none"><li>• T-bone</li><li>• chop</li><li>• rack</li></ul>	<ul style="list-style-type: none"><li>• shoulder</li><li>• fore shank</li></ul>
COOK IT	<ul style="list-style-type: none"><li>• low and slow</li><li>• braise</li><li>• roast</li></ul>	<ul style="list-style-type: none"><li>• quick and high heat</li><li>• sauté</li><li>• grill</li></ul>	<ul style="list-style-type: none"><li>• low and slow</li><li>• braise</li><li>• roast</li></ul>

### Global 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.
Latin	Chile, cumin, garlic, cinnamon, oregano	Add lime and neutral flavored oil (such as grapeseed or canola 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

## Simple Swaps to Liven up Dinner



### Quick Fact:

Aussie Lamb is delicious,  
tender and mild in flavor  
(that's because it is  
pasture-raised on beautiful  
natural grasslands).



### Aussie Lamb Little Loaves

Give these little cuties a try  
for a new twist to meatloaf  
night. Even better, they cook  
up fast in a muffin tin.  
Dinner. Delish. Done.

[Get the recipe &  
watch the video here.](#)



### EASY LAMB FETTUCCHINE ALFREDO

Upgrade a familiar  
fave like creamy  
fettuccine alfredo  
with 1 simple swap:  
Australian lamb

## Step 1

### Get the ingredients



1 lb cooked,  
shredded Australian  
lamb shoulder



16 oz. jar of  
Alfredo Sauce



1 lb dried  
fettuccine noodles



10 fresh basil  
leaves, roughly  
chopped

## Step 2

Get the full recipe [here](#).

## Step 3

### Simply Spring it



Make the recipe in a jif

Impress your family with a  
**#aussome**  
new dish!

## Easy Peasy Lamb Recipes

### 3 dinner ideas from 1 dish: Weeknight Aussie Lamb Gyros



#### Ingredients

Australian leg of lamb,  
trimmed and cut into steaks  
All-purpose greek seasoning  
Jar of pre-made tzatziki sauce  
English cucumber  
Pita bread

For the full recipe,  
[click here.](#)

Dinner Idea  
1

#### Gyro sandwich

Replace pita with bread of  
choice and pile high with:

Slice Aussie lamb  
Lettuce  
Tomato slices  
Red onion  
Tzatziki sauce

#### Mediterranean Lamb Steaks

Slice lamb into steaks and  
serve with:

A dollop of the tzatziki  
sauce

Fresh roasted spring  
vegetables

A squeeze of lemon

Dinner Idea  
2



Dinner Idea  
3

#### Mediterranean Salad

Place sliced lamb a top:

Tomato  
Cucumber  
Crunchy lettuce greens  
Red onion



## One Pan Meals to Celebrate Spring

### MIDDLE EASTERN STYLE ROAST AUSSIE LAMB



#### Ingredients

• 3-4 lbs. Australian  
lamb leg  
• 6 garlic cloves  
• 8 rosemary sprigs,  
small

Mix below spices with ¼ C  
olive oil:

• 1 tsp cinnamon, ground  
• 1 tsp nutmeg

• 1 tsp sweet paprika  
• ½ tsp black pepper  
• 3 tsp salt  
• 2 bunches of carrots,  
washed & trimmed  
• 2 tsp olive oil  
• 3 Tbsp tahini  
• 2 tsp cumin  
• 1 Tbsp honey  
• Salt and pepper, to taste

#### Method

Preheat oven to 400°F. Rub spice & oil mixture on lamb.  
Pierce lamb with small knife, stuff with garlic cloves &  
rosemary sprigs.

Bake for 30 mins. Remove, reduce heat to 325°F. Wrap in  
baking paper then foil. Cook for 2 hours until very tender.  
Mix carrots with spices & oil. Add to lamb pan for last 20  
minutes of cook time. Rest lamb for 10 minutes. Then carve  
& serve with 1 C. yogurt mixed with juice from half a lemon.