

Grass fed lamb has many wonderful flavors and great textures. I always like to add spices to enhance the flavor, not dominate it. So adjust the seasonings to your own taste. These recipes incorporate many flavors that pair well with lamb, which I think brings out the subtle grass fed lamb taste. I also encourage you to make a large quantity of stock and freeze it in small containers to use through the seasons. There really is nothing like stocks made from pastured based and grass fed meats. Enjoy! Chef Jack

Lamb Meatballs

- 1 # Ground lamb
- 1 ea. Egg
- 2 ea. Garlic cloves, minced
- 2 tbsp. Chopped parsley
- 1 tsp. Salt
- ½ tsp. Fresh ground pepper, dried rosemary, dried thyme
- ½ cup Bread Crumbs
- 2 tbsp. Red wine
- 1 tbsp. Olive oil
- 1 sm. Onion, diced small
- 2 tbsp. Brandy
- 2 tbsp. Tomato sauce or your favorite BBQ sauce
- ½ cup Stock – lamb or beef

Method:

Combine lamb, egg, garlic, parsley, salt, pepper and spices.

In separate bowl soften bread crumbs with wine and add to meat.

Mix well and shape into 1/2oz meat balls.

Heat oil in medium sauté pan, brown meat ball.

Add onions and continue cooking till softened.

Remove pan from heat, pour in brandy while staying away from pan and ignite liquid.

Let flames sub side add sauce or BBQ and stock, season to taste, cover and simmer for 30 minutes.

Lamb ragout

amt.-unit-Ingredients

2	#	Shoulder or leg steaks with bone
¼	cup	EV olive oil
¼	tea.	Salt
1/8	#	Salt pork or Bacon, diced
1	cup	Onion or 1 large, minced
½	cup	Celery or fennel bulb, 2 ribs minced
½	cup	Carrot shredded
1	cup	Shitake or button mushrooms sliced
2	tbsp.	Tomato paste
3 1"	ea.	Strips of orange the size of a bandaid and juice on orange
1	cup	Red wine
3	cup	Light stock
3	ea.	Bay leaves
1	4"	Sprig of rosemary

--FG pepper

--Sea salt

Method:-

Trim off excess fat. Season the meat with a little salt and pepper.

Add oil to pan and turn on heat, carefully brown steaks on all sides.

Remove meat from pan, add bacon to pan. Render.

Or just add extra oil and salt if not using bacon.

Add onion and let cook 2 minutes.

Stir in celery, carrots, mushrooms and cook over med-high heat till vegetables are golden.

Clear hot spot in pan, add tomato paste and cook till toasted and mix with rest of veg.

Add orange rind.

Return steaks to pan and toss with vegetables.

Add wine, raise heat and bring to a boil, reduce till almost all wine is gone.

Pour in orange juice and broth to cover meat.

Add bay leaves and rosemary, bring to boil, cover and simmer 2 hours. Or bake 300 degrees.

Start checking for doneness after 1 hour. You may also finish in a crock-pot.

When meat is tender, remove from stove and turn off heat.

Taste the sauce to adjust seasonings.

Pick out bay, herb stems and orange rind.

Remove meat from pot, pick bones out of meat, shred meat with fingers and add equal part of broth to meat 1 to 1 ratio. If there is a lot of liquid in the pan, put liquid in small pot and reduce down. This meat mixture is great on buns, over pasta, parmesan cheese risotto, couscous, served in mini phyllo cups as an appetizer or as ravioli filling. Mixture freezes well, so go ahead and double.

Traditional lamb stew

Yield:-2#-Portion:

Oven:--Bake:

Amt-Unit-Ingredients

2 -#-Cubed stew meat, grass fed-lamb shoulder or leg meat

2 -tbsp.-Butter or oil

5 -cups-Stock

1 -tsp.-Lemon juice

2 -ea.-Onions, sliced

1 -tbsp.-Salt, sea

½-tsp.-Black pepper

½-#-Red tomatoes, peeled, seeded, juiced chopped

3 -tbsp.-Or Tomato paste

2 -ea.-Cloves of garlic, smashed

¼-tsp.-Thyme or rosemary

1 -ea.-Bay leaf

2 -cups-Small whole carrots cut into pieces

2 -cups-Small whole potatoes cut into pieces

½-cups-Flour

½-cups-Cold water

2 -cups-Peas

-Method:-

-Brown lamb in butter or oil in large skillet or Dutch oven (5 qt. or so).

-Stir in stock, lemon juice, onion and seasonings.

-Cover and simmer 2 hours, until meat is tender.

-Add carrots and potatoes, cook 15 minutes, until vegetables are tender.

-Blend flour and water, add to stew. Bring to boil.

-Add peas and reheat to simmer.

-Adjust seasonings if needed.

-I like to keep seasonings to a minimum, to let the natural lamb flavor come through.

Pot Roast - Grass or pastured raised or use stew meat

Yield:		Portion:
Oven:	300	
amt.	unit	Ingredients
1	tea.	Thyme, dried
1	tbsp.	Rosemary, fresh
1	tbsp.	Paprika, smoked optional
1	tbsp.	Salt, kosher
1	tea.	Gr black pepper
4	#	Chuck roast boneless or 4.5# with bone
1	oz.	Oil
1/2	cup	Red wine
1/2	cup	Diced tomatoes or 3 tbsp. Paste
2 1/2	cup	Stock
5	cup	Onions, sliced
6	ea.	Garlic, cloves rough chopped
2	cup	Carrots, halved and 1/4" half moon
2	cup	Celery, 1/3" dice

Method:

Combine first 5 spices and rub on meat, place in zip lock bag.

Let sit on meat several hours or refrigerate overnight.

Preheat oven to 300 degrees.

In large Dutch oven heat oil on medium high heat.

Brown meat on all sides and remove from pot.

Deglaze pan with wine then add tomatoes, let tomatoes caramelize a bit.

Add onions and cook till softened about 15 minutes.

Add carrots, celery and garlic and cook till fragrant.

Add meat and stock to Dutch oven. Liquid should be 1/2 to 3/4 up the side of the meat.

Cover Dutch oven and place in stove. Let cook for 1 hour, remove and turn meat over.

Add liquid if needed.

Cook another 1-2 hours depending on roast and oven. It should be fork tender.

Remove meat from Dutch oven and let rest on platter.

Remove excess fat from liquid.

For the sauce place Dutch oven on stove and bring to boil.

Puree mixture with hand held blender or food processor.

Adjust seasonings and let reduce if sauce is thin.

There should be enough onions etc. to naturally thicken the sauce.

Slice meat and top with sauce.

* You may leave vegetables whole and thicken the broth with flour or cornstarch.

With grass fed meats you can lower temperature another 25 degrees and cook an extra 90 minutes.

Grass fed meats do much better when cooked at a lower temperature.