

A NEW LAMB GUIDE

with recipes



100% SCOTCH LAMB



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INTRODUCTION

Nothing compares to the unique and fantastic flavour of Scotch Lamb PGI. It is remarkably easy to prepare, quick to cook and tender and succulent to eat.

Within these pages you will find out why there is so much more to Scotch Lamb PGI than a delicious Sunday roast. By understanding a little more about meat quality and cooking methods you can be sure you are making the most of this supremely versatile ingredient. There are many accessible cuts of Scotch Lamb PGI to suit any budget, pick a recipe from our recommended selection of dishes included in this book. As well as guidance on how to carve a leg of lamb, there are some great ideas of how to make the most of any leftovers.

This book has been produced by Quality Meat Scotland (QMS), the public body responsible for helping the Scottish red meat sector promote Scotch Lamb PGI, whilst maintaining the highest standards in Scotland's red meat industry. These standards relate largely to animal husbandry, welfare, meat quality and traceability and are some of the strictest in the world. When you see the Scotch Lamb PGI label in your supermarket, butcher's shop, or restaurant, you can be confident that the meat you are buying is of the highest quality and that's why it should always be your first choice.



ALL ABOUT SCOTCH LAMB PGI

*Nowadays it's only natural to want to know where your food comes from. However, we don't always have time to study the back of every packet we pick up. Luckily, when it comes to choosing fresh or frozen lamb, you can simply look for the label that says **Scotch Lamb PGI**.*

The QMS assurance logos are our shorthand for wholesomeness, safety and taste. Only meat carrying the Scotch Lamb PGI logo is guaranteed to come from animals born and reared on assured Scottish farms. Read on to discover what makes this lamb so special.



WHAT DOES PGI MEAN?



The PGI (Protected Geographical Indication) logo is your guarantee of an authentic product.

Since 1996 Scotch Lamb has held the coveted European Protected Geographical Indication (PGI) status which legally protects it from imitation by meat from outside Scotland or from products claiming Scotch status. The PGI scheme protects food with a specific heritage.

To look at a full list of PGI products check http://ec.europa.eu/agriculture/quality/schemes/index_en.htm

WHAT IS THE DIFFERENCE BETWEEN SCOTCH AND SCOTTISH?

In a nutshell, **Scotch Lamb PGI** is sourced from selected Scottish farms that must meet stringent criteria regarding animal welfare, feeds and natural production methods. We believe that our selection criteria lead to the best possible traditional tasting lamb.

Only approved farms and processors based in Scotland can produce Scotch Lamb PGI. Not all lamb from Scotland is eligible to use the name Scotch Lamb PGI. In short, it must be born, reared and slaughtered in Scotland to our assurance scheme standards.

Scottish lamb refers to any lamb that have been born, reared and processed in Scotland independent of any quality guarantees. It holds no PGI status.

WHAT IS THE SCOTCH LAMB PGI ASSURANCE SCHEME?

A whole chain assurance programme with the benefit to reassure you that the Scotch Lamb PGI you buy is authentic and the best it can be.

It is the longest established scheme of its kind in the world, and celebrates a milestone 25th anniversary in 2015.

This whole of life brand eligibility is delivered by a chain of assurance schemes: one livestock: Cattle & Sheep and four non livestock: Feeds, Haulage, Auction Market and Processor.

Whole chain assurance underpins the integrity of Scotch Lamb PGI. It provides reassurance of provenance, highest standards of farming, animal welfare and wellbeing, to deliver a quality eating experience.

Our quality selection criteria don't end at the farm gate. To ensure that only the best Scotch Lamb PGI reaches your table the Scotch Lamb PGI standards include proper selection and classification of carcasses and the chilling process.

Visit www.qmscotland.co.uk for the detailed specifications.



ANIMAL WELFARE AND WELLBEING

The QMS Welfare and Wellbeing Charter recognises the five freedoms of animal welfare and wellbeing and is a guiding principle for all QMS assurance schemes that are supported by the Scottish SPCA, Scotland's independent animal welfare charity. The Scottish SPCA also carries out some joint visits to QMS approved livestock farms along with Acoura, the assurance schemes independent assessor. *(For more information on the five freedoms of animal welfare see www.qmscotland.co.uk).*

The majority of Scotch Lamb PGI is sourced from a number of breeds which over time have proved their ability to thrive in the climate and conditions of Scotland's hillsides and pastures.





SUSTAINABLE FARMING PRACTICES

Extensive grass-based system –

Scotland's livestock production systems are based on free ranging livestock grazing at low stocking densities and eating grass and forage from land often unsuitable for growing alternative food sources. This largely avoids the diversion of protein, suitable for human consumption, into the production of livestock. Permanent grass and rough grazing account for about 80% of Scottish agricultural areas where it would not be possible to produce any other food other than livestock (*Source: Scottish Government*).

Welfare is a priority – The industry works very closely with the Scottish SPCA (Scotland's animal welfare charity). Scottish SPCA inspectors regularly visit our farms and animal health is also a priority in Scottish livestock production.

Abundant water supply – In Scotland the water sheep drink is not diverted from human use. The ample supply of rain creates lush grassland which is ideal for the natural production of livestock.

Encouraging bio-diversity – Livestock production plays an important part in sustaining the diverse landscape for which Scotland is famed. Scotland's hill livestock farmers typically farm both cattle and sheep, a mixed grazing system which benefits landscape biodiversity (*Source: Scottish Natural Heritage*).

Reducing carbon emissions – Through restructuring and farm efficiency improvements the Scottish red meat industry has succeeded in reducing its carbon emissions and waste. Carbon emissions in Scotland for agriculture and related land use reduced by 27% between

1990 and 2010. (*Source: National Atmospheric Emission Inventory*). The industry continues to strive to further improve efficiency and reduce waste.

Grassland's role in carbon capture

– Hill and upland farms in Scotland play a substantial role in improving the environment through the removal of CO₂ from the atmosphere. This capturing and storing of carbon is known as sequestration. (*Source: QMS R&D Report 2011/12*).

Hormone free – Scotch Lamb PGI is free from artificial growth hormones.

Antibiotic and other residue – Just like humans, sheep can sometimes fall ill and are prescribed drugs from a vet to make them better. Only therapeutic drugs are prescribed for welfare reasons. The quality scheme monitors the use of these drugs to avoid residue entering the food chain. The withdrawal period for medicine residue must be completed before the animal enters the food chain.

SOCIAL SUSTAINABILITY

Social heritage – Livestock production has played a key role in Scotland's social heritage for centuries. Cattle and sheep farming remains at the heart of rural communities throughout the country.

Farming families – Scottish livestock farms typically remain in the same family for generations allowing farming skills to be passed down by family members. This includes invaluable knowledge of the terrain and conditions as well as animal care skills.

Sustaining jobs – Around 50,000 jobs in Scotland depend on the Scottish red meat industry. Many of these jobs sustain employment in fragile rural communities.



MEAT CHARACTERISTICS

FACTORS AFFECTING THE TENDERNESS OF MEAT

The farm is the vital first stage in the supply chain, and from the day the animal is born, key decisions are made here that will, during the course of its life, define the eating quality of its meat.

QMS and Scotland's farmers are tirelessly committed to close adherence and constant review of the very best farming practices:

- Feeding and management to achieve constant and acceptable growth rates.
- Careful handling and transportation of animals.
- Minimising mixing of unfamiliar animals.
- Ensuring consistent growth.
- Avoiding slaughter soon after diet changes.
- Best animal genetics selected for the local environment.

Animal welfare is good for meat eating quality as well as for the animals.

MARBLING

As well as the external layer of fat just beneath the surface of the skin, there is another fat present in animals known as 'marbling'.

Fat is critical to the flavour of meat and helps differentiate one meat from another. In fact, research has shown that if all traces of fat are stripped from a piece of lamb and a piece of beef, it is almost impossible to tell them apart. Marbling develops over time so is more predominant in beef than lamb or pork. In short, marbling is small streaks of intramuscular fat that are found in the muscle. It has a beneficial effect on juiciness and flavour by 'melting' through the meat during the cooking process.

STORING MEAT

It's important to store raw meat correctly in your fridge to stop bacteria from spreading and avoid food poisoning.

Store raw meat in clean, sealed containers on the bottom shelf of the fridge, so it can't touch or drip onto other food.

Follow any storage instructions on the label.

Keep cooked meat separate from raw meat.

For more information contact the Food Standards Scotland or visit their website, **www.foodstandards.gov.scot**



HOW TO ENJOY LAMB AT ITS BEST

Scotch Lamb PGI is a versatile meat – from roasts to steaks (cutlets), casseroles and kebabs. Its distinctive flavour has inspired many chefs over the centuries.

Lamb is available all year round, but since Scotch Lamb PGI is a natural product, it is seasonal.

Scotch Lamb PGI is at its most plentiful between August to April. Spring and Late Season Lambs are equally delicious but you will notice a difference in taste between the two seasons.

Spring Lamb comes from lambs born in the spring time and is available to buy from your butcher or local supermarket come autumn.

Spring lamb has a subtle tasting, rosy coloured flesh that flakes off the bone and melts in the mouth.

Darker meat from **Late Season Lamb** is available from January until the end of April. Bursting with flavour thanks to the age of the animal, late season lamb is an excellent partner for winter produce such as orchard fruit and root vegetables.





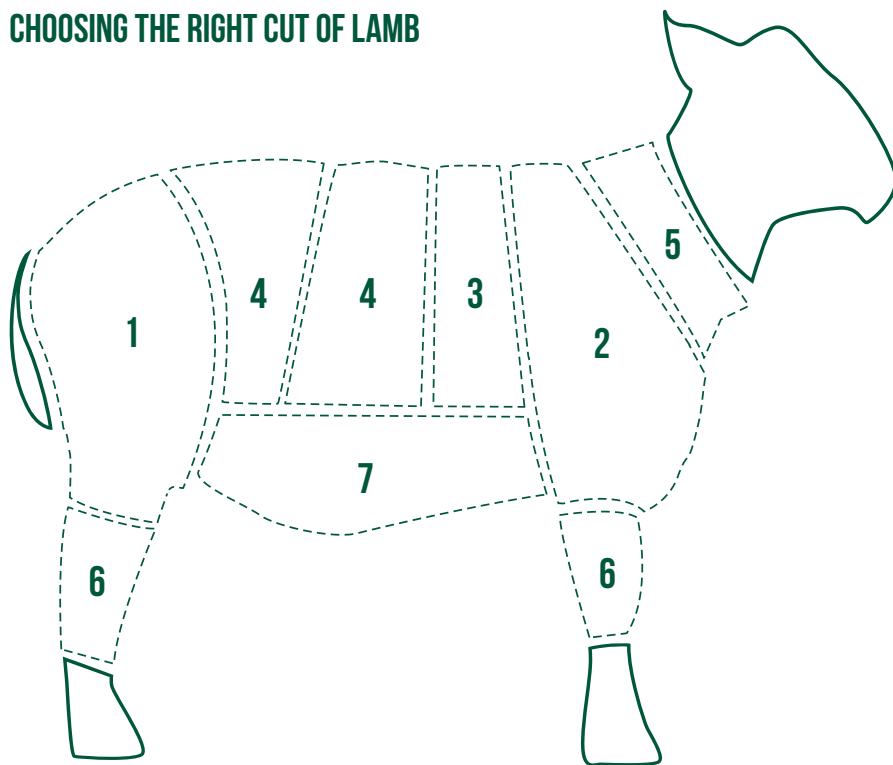
CUTS AND COOKING





CUTS AND COOKING

CHOOSING THE RIGHT CUT OF LAMB



There are many cuts of Scotch Lamb PGI and some are very economical. When these are combined with complementary ingredients and flavours and cooked using the best method the results are delicious.

For recipe ideas visit

www.scotchlambkitchen.com

1. LEG

Products: Joints, steaks, strips.

Cooking methods: Roast, pot roast, pan fry, stir-fry, grill, BBQ, stew. Leg of lamb can be roasted bone-in or boned, rolled and tied with a stuffing of your choice. Steaks can be grilled/pan fried whole or cut into strips for a stir-fry.

2. SHOULDER

Products: Joints, steaks, diced (for stewing), mince.

Cooking methods: Roast, pot roast, pan fry, grill, BBQ, stew. The shoulder joint should be cooked slower and longer than leg joints for a tender result. Diced products could be marinated and skewered.

3. BEST END/RACK OF LAMB

Products: Joints, cutlets, noisettes.

Cooking methods: Roast, pan fry, grill, BBQ. Ribs are often cut into little chops known as cutlets which can be grilled or pan fried. Alternatively, the rack of lamb is the ultimate roasting joint for lamb lovers.

4. CHUMP AND LOIN

Products: Joints, steaks, noisettes, chops, canon.

Cooking methods: Roast, pan fry, grill, BBQ. Loins can be roasted but are more commonly available as quick cooking cuts as loin cuts can be very lean.

5. NECK

Products: Joints, diced.

Cooking methods: Stew, casserole, slow braising. Ideal for diced products, lamb neck provides fantastic meat for stews and curries.

6. SHANK AND SHIN

Products: Joints.

Cooking methods: Braising, casserole. Lamb shanks are fairly lean and should be slow cooked whenever possible to allow the strands of meat to come apart easily.

7. BREAST/FLANK

Products: Joints, mince.

Cooking methods: Braising, casserole, slow roast. Generally used most with a stuffing – slow roasted.

COOKING METHODS AND TIMES





COOKING METHODS AND TIMES

ROASTING

Cooking a roast is the perfect solution as it allows you time to prepare other dishes, vegetables and any sauces while the meat is happily cooking.

Traditional dry roasting is simply a great way to cook larger cuts of meat – such as leg/gigot, shoulder, best end, neck and chump.

Leg and shoulder joints can also be pot roasted, this involves slower cooking with moisture and the meat covered all or part of the cooking time (*see page 23*).

Quantity

The current recommended daily intake of red meat is around 70g cooked weight per person. Even at lower temperature cooking around 20% shrinkage will occur so allow approximately 120g raw meat per person if the joint is boneless and approximately 225g if the meat is on the bone.

Basic Roasting Method

The following simple instructions use a lower roasting temperature to minimise the loss of moisture and shrinkage caused by cooking at higher temperatures.

Allow the meat to come to room temperature and ensure that it is completely dry before cooking.

Preheat the oven to 220°C (or turn down to 180°C if the meat has been browned in a very hot oven, see following).

Brown the meat, either in a hot pan with a little vegetable oil or in a very hot oven at 220°C for 15 minutes.

Once the meat has been browned, place it uncovered on a wire rack in a shallow roasting tin, ensuring that any fat is on the top.

Continue to cook at 180°C until it has reached the required internal temperature, or level of ‘doneness’.

Timing

The formula for roasting meat is based on minutes spent in the oven per kilo of meat. Allow the meat to come to room temperature and ensure it is completely dry before cooking, this allows quicker and more even cooking.

Weigh the meat before cooking and calculate the cooking time. If you are roasting a stuffed joint – weigh after stuffing. For lamb cooked ‘medium’ allow 30 minutes per 450g plus 30 additional minutes cooking. Always allow meat to rest for at least 10-15 minutes after cooking, cover it with foil (shiny side down). This allows the meat to relax so the juices become evenly distributed throughout, making it more succulent and easier to carve.

See page 26 for recommended cooking times and page 125 for the “Perfect Steaks and Roasts” app.

See page 125 for the “Perfect Steaks and Roasts” app.

POT ROASTING

Basic Pot Roasting Method

Less tender cuts can also be roasted but require additional moisture and longer, slower cooking – usually covered for all or part of the cooking time.

Brown the piece of meat in a casserole dish with a little oil then remove the meat from the dish. Add sliced onions to the dish and cook until softened. Add a few sprigs of thyme or rosemary and season. Place the lamb on top of the onions and herbs. Allow approximately 450g of vegetables and 150 ml of liquid, which can be water, stock or wine, or a mixture for a 1.25kg joint.

You can add any other root vegetables to the casserole, such as carrot, leek, celery or potato roughly cut into large chunks that will not break up during cooking. Cover tightly and cook slowly at 150°C for about 2 hours. Remove the lid and cook for a further 1 - 2 hours until the lamb is tender and browned on top

Get your steaks and roasts right first time using the “Perfect Steaks and Roasts” app available from the App Store or Google play. Download these free, easy to follow instructions which will help you make a succulent steak or a roast that will be cooked to complete perfection.

SLOW COOKER

This is a great way to cook food when you are short of time and want a meal ready when you need it.

Stews and casseroles are ideal to slow cook.

Remember that the liquid won't evaporate or thicken during cooking, so if you're adapting a standard recipe, it's best to reduce the liquid by roughly a third.

Liquid should just cover the meat and vegetables. You can also use a teaspoon of cornflour mixed to a paste with a little cold water to thicken the stew toward the end.

Ingredients will cook at different speeds, always check your manufacturers guidelines on when to add ingredients.

USUAL COOKING TIME	SLOW COOKING TIME
15-30 minutes	1-2 hours on high 4-6 hours on low
30-60 minutes	2-3 hours on high 5-7 hours on low
1-2 hours	3-4 hours on high 6-8 hours on low
2-4 hours	4-6 hours on high 8-12 hours on low

CASSEROLES

Casseroles are a great dish that can be served all year round. They are economical and an excellent way to cook meat and vegetables together. Predominantly cuts for casseroles come from the forequarter (see page 18-19). They are quick to prepare, freeze well and require little attention during cooking. Once you master the basics, the variations are endless.

Basic Casserole Method

If your meat is not already cubed, remove any fat and cut into bite sized cubes.

Place in a plastic bag and add plain seasoned flour (1 tablespoon per kilo of meat). Toss until the cubes of meat are completely coated. The flour will thicken the sauce during cooking.

Heat a dessert spoon of vegetable oil in a large flameproof casserole dish or frying pan until very hot.

Brown the cubes by adding a few pieces at a time to the hot dish. Do not add too many at one time. Remove the browned meat from the dish and set aside before browning the next batch.

Sauté any fine cut vegetables such as onions, shallots and leeks then remove from the dish.

Add 200 ml of liquid. This could be meat or vegetable stock, red wine, beer, cider or even water. Use this to dissolve the cooking juices and loosen the meaty residues from the bottom of the pan. This is called deglazing and is the basis for many sauces.

Place the browned meat and the sautéed vegetables back into the casserole dish; add some chunky, chopped seasonal root vegetables; season; pour over the deglazing liquid and additional stock so half the meat is covered and bring to a simmer.

Put the lid on the casserole dish and place in a preheated oven around 140°C and cook for between 2-3 hours or until the meat is tender. If using a very low heat, or a slow cooker, the recipe chosen could take up to 7 hours.

Know your oven. Gas and electric cooking times are similar, but the age and the size of your oven can affect cooking times.

BBQ'ING

Barbecue basics

Everyone loves a BBQ, even the chef because it is a fun way to cook. Although there is skill involved it doesn't seem like hard work especially as the results are super tasty.

Even if the weather isn't completely perfect, cook outdoors to keep odours out the house and eat inside! Alternatively, just use the grill or griddle pan.

Great Grillers

Cuts that are best for the BBQ are those which work well when cooked quickly, like frying or grilling.

Steaks, Chops & Cutlets – Leg steaks, loin chops, chump chops, gigot chops, cutlets.

Skewers – Shoulder or leg meat cubed.

Processed – Mince is perfect for making burgers or sausages.

Be safe

- Wash your hands thoroughly before and after handling raw meat.
- If using charcoal, ensure it is very hot – grey and powdery, before cooking.
- Use separate utensils and plates for cooked and raw meat.
- Charred doesn't mean well done – even if meat is burnt on the outside, it might not be cooked inside. Cook food over a steady heat and always check it's cooked in the centre and is piping hot.
- BBQ's can be dangerous – please take necessary precautions to avoid burns, fires and food poisoning.

For more food hygiene information visit [**www.foodstandards.gov.scot**](http://www.foodstandards.gov.scot)

RECOMMENDED COOKING TIMES FOR LAMB

CUT	COOKING	TEMPERATURE	TIMING
Leg – whole or half boneless Shoulder – whole or boned and rolled, Half boneless loin, Best end neck	Roast	180°C 350°F Gas mark 4-5	Medium – 30 mins per 450g plus 30 mins Well done – 35 mins per 450g plus 30 mins
Loin chops	Grill/fry	N/A	4-6 mins each side
Chump chops	Grill/fry	N/A	4-6 mins each side
Leg steaks, Gigot chops	Grill/fry	N/A	4-6 mins each side
Cutlets	Grill/fry	N/A	4-6 mins each side
Shoulder lamb cubed	Grill Fry	N/A	3-5 mins each side 2-4 mins each side
Cube for kebabs	Grill	N/A	10-15 mins, turning occasionally

Note: Cooking times will vary depending upon the thickness of the cut.

COOKING TIPS

Avoid adding fat when cooking with lamb. The fat that's already in the meat will go a long way, so try to dry fry, grill, roast on a rack or stir fry the meat.

Try not to add fat when you cook meat, but if you do, use only a small amount of sunflower, rapeseed, olive or vegetable oils.

Skim fat from casseroles and stews during cooking and before serving.

Drain and discard extra fat from the pan before making gravy or sauces.

Remove the fat before serving – the essential nutrients in meat are found in the lean parts of the meat.



CARVING TECHNIQUES

Carving a roast

There are two methods of carving boned and rolled joints. Either lay the piece on its side and then cut slices from it almost as if it was a loaf of bread, or you may prefer to position it so that the round surface is horizontal and then carve across the grain.

Place joint so that round surface is vertical and insert fork into curved side nearest to you or, if particularly long, it might be easier to insert nearer the middle and carve from the far end.

When remaining piece is too thin and ‘wobbly’ to carve, lay it down so that the round surface is horizontal, inserting fork into side nearest to you and carve slices across the grain, increasing the angle as you come to the end.

Two tips for carving success:

- Always reduce the size of the cut to make carving easier.
- Always cut across the grain.



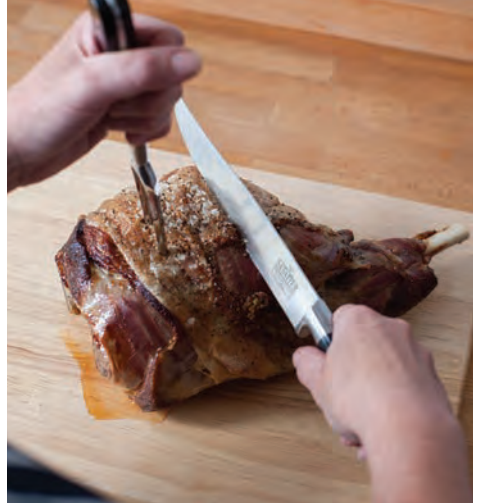
CARVING A LEG OF LAMB

1.



Remove from the oven and rest for 10 – 15 minutes.

2.



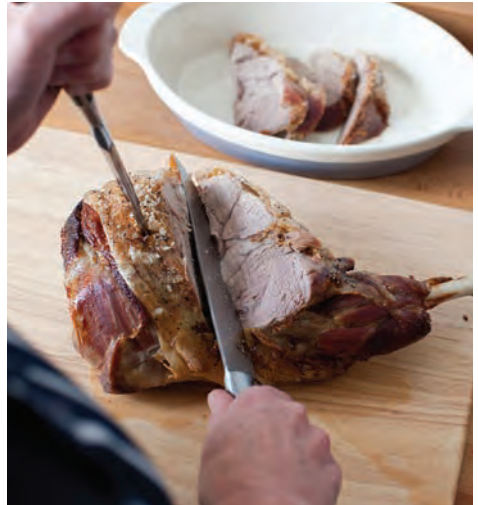
Position the joint, steadying it with a large fork.

3.



Cut a wedge shaped slice from the middle.

4.



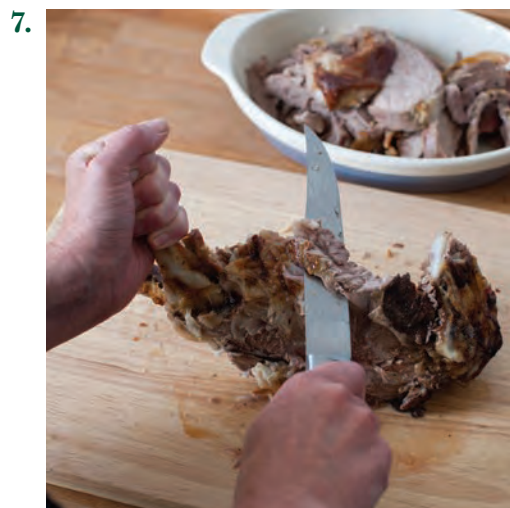
Continue to cut slices until you reach the socket bone.



Once the small socket bone is reached, carefully cut around.



Continue to slice.



Turn the bone in your hand and carefully slice the meat off.



Continue slicing until it is virtually meat free.

ROAST RECIPES







MINI LEG ROAST WITH ROOT VEGETABLES

SERVES: 3 PREP: 10-15 mins COOK: 45 mins (approx)

INGREDIENTS

350-400g piece of Scotch Lamb PGI
leg, boned and rolled

A little olive oil

Salt and pepper

For the vegetables

2 medium sized floury potatoes
peeled and cut into 2 cm cubes

2 large carrots, peeled and cut into
2 cm cubes

200g celeriac, peeled and cut into
2 cm cubes

1 tbsp olive oil

2 sprigs rosemary, leaves separated
and roughly chopped

Salt and pepper

METHOD

1. Preheat the oven to 200°C .
2. Place the lamb joint into a roasting tin large enough to accommodate it and all the veg in a single layer. Rub the lamb with a little oil and season. Put it into the oven for 10 minutes while preparing the vegetables.
3. Bring a pan of water to the boil, drop in the vegetables, return to the boil and cook for 4 minutes then drain well. Transfer to a bowl and tumble the vegetables with the oil, rosemary, salt and pepper.
4. Scatter the vegetables into the tin around the lamb and return to the oven. Reduce the temperature to 180°C and continue to cook for about 35 minutes, turning the vegetable cubes from time to time so they brown, until the meat is a rich golden brown and the cubes are crisp. If the meat is ready before the vegetables, transfer the meat to a warm serving dish, cover and allow to rest, and cook the veg for 10 minutes more with the oven temperature boosted again.
5. Serve with additional green vegetables, e.g. French beans or broccoli if you like.

CHUMP ROAST WITH A GINGER & ROSEMARY GLAZE

SERVES: 4 PREP: 5 mins COOK: 55 mins

INGREDIENTS

1 Scotch Lamb PGI chump, scored, boned and rolled (approx 500g, boned weight)

For the glaze

1 tsp finely chopped rosemary

2 pieces of stem ginger preserved in syrup, finely chopped

1 tbsp of the ginger syrup

Salt and pepper

METHOD

1. Preheat the oven to 180°C.
2. Place the meat in a small roasting tin. Mix together all the glaze ingredients and keep half aside for later, brush the other half of it over the joint of lamb. Cover loosely with a double sheet of baking parchment so that the syrup doesn't burn. Put into the hot oven for 25 minutes.
3. Re-glaze the meat with the remaining mixture and return to the oven for 30 minutes, covered with the paper. Remove the paper for the last 10 minutes of the cooking time. Transfer the lamb to a warm serving plate and cover with foil to rest for 10-15 minutes before carving.

Cooks Tip:

Simmer some whole peeled small onions in lightly salted water until tender, then using this “onion stock”, make a white sauce (in the usual way with butter and flour), season with lots of black pepper and return the onions to the pan to heat through, and serve this onion sauce and some wilted spinach and sliced lamb.





SLOW COOKED HALF SHOULDER

SERVES: 4 PREP: 10 mins COOK: 3 hrs

INGREDIENTS

1 half shoulder of Scotch Lamb PGI weighing 800g
2 lemons
650g waxy potatoes, peeled
1 onion, sliced into wedges
4-6 cloves garlic, unpeeled
2 tbsp fresh thyme or 2 tsp dried
2 tsp olive oil
Salt and freshly ground black pepper
300 ml dry white wine or water

METHOD

1. Preheat your oven to 200°C. Pare the zest from the lemons then thickly slice one and squeeze the juice from the other. Cut the potatoes into large chunks and place in a large roasting tin along with the onion wedges, garlic and sliced lemon. Pour over half the oil, lemon juice and wine (or water).
2. Place the shoulder of lamb on top of the vegetables, then drizzle over the remaining oil, scatter over the thyme lemon zest and plenty of seasoning then rub this all into the skin.
3. Loosely cover the tray with foil, then put it in the oven and cook for 10 minutes.
4. Reduce the oven temperature to 170°C then bake the lamb for 1hr 20 minutes.
5. Remove the foil, baste the meat with the pan juices, but don't disturb the potatoes too much. Roast uncovered for a further 1hr 30 minutes until the potatoes are golden and the lamb tender. Serve the lamb with the potatoes, roasted garlic and onions along with some green vegetables.

ROLLED SHOULDER WITH BASIL AND PINENUTS

SERVES: 6-8 PREP: 20 mins COOK: 1 hr 40 mins

INGREDIENTS

1 boned shoulder of Scotch Lamb
PGI weighing 1.3kg
4 tbsp pine nuts
50g fresh basil
2 cloves garlic, peeled and chopped
75g pitted green olives
Salt and freshly ground black pepper
500g charlotte potatoes
2 red peppers, deseeded and cut into chunks
2 red onions cut into wedges

METHOD

1. Preheat the oven to 220°C.
2. Place the pine nuts, basil, garlic and olives on a large board, then use a large sharp knife to chop them all together until you have a rough paste. Season with salt and plenty of ground black pepper.
3. Unroll the boned shoulder and place skin side down on a board. Scatter the basil paste over the meat, rubbing it into all the crevices and cut surfaces. Roll up the shoulder of lamb and tie it together with string at regular intervals to make a neat parcel.
4. Place the lamb in the centre of a large roasting tin. Roast for 10 minutes. Reduce the temperature to 180°C and roast for 40 minutes.
5. Remove the roasting tin from the oven, add all the vegetables and toss together until coated in the pan juices. Roast for a further 40 minutes.
6. Transfer the meat to a board and leave to rest for 10 minutes, covered with foil. Keep the vegetables warm in a serving dish.
7. To serve, thickly slice the lamb and serve with the roasted vegetables.





SLOW COOKED LEG WITH LEMONY POTATOES

SERVES: 10 PREP: 15 mins COOK: 3 hrs 45 mins

INGREDIENTS

2kg leg of Scotch Lamb PGI
2 onions, peeled and chopped
1 tsp salt
1 tsp ground black pepper
Juice of 1 lemon
2 cloves garlic, crushed
4 tbsp olive oil
3 tbsp red currant jelly

For the potatoes

1.5kg potatoes peeled and cut into large chunks
2 cloves garlic, crushed
2 tbsp chopped fresh oregano
Juice of 1 lemon
150 ml extra virgin olive oil

METHOD

1. Preheat the oven to 220°C.
2. Place the lamb in a non-corrosive ovenproof dish on a bed of chopped onions. Whisk together the salt, pepper, lemon juice, garlic, olive oil, redcurrant jelly and 150 ml water and pour it over the lamb. Season the lamb with a little salt, cover the whole thing closely with foil and put in the oven for 30 minutes while you prepare the potatoes.
3. In another non-corrosive ovenproof dish large enough to hold all the potatoes in a single layer and the lamb (which you will add later), tip in the potatoes and sprinkle them with the garlic and oregano and pour over the lemon juice and oil. Barely cover the potatoes with cold water and season with salt and pepper.
4. Place the potato tray in the oven when the lamb's first 30 minutes has elapsed, and continue cooking for 15 minutes before reducing the oven temperature to 150°C, without opening the oven door. Cook for a further hour.
5. Turn over the potatoes in their liquid, lift the lamb to sit, other side up, on top of the potatoes. Spoon off and discard any visible oil from the surface of the meat juices then pour the remainder and the onions over the lamb and potatoes. Cover loosely with foil and return to the middle of the oven for a further hour (or more) or until the potatoes are soft and golden tinged brown and the lamb, very tender.

LEFTOVER RECIPES





SCOTCH BROTH

SERVES: 4 PREP: 10 mins COOK: 50 mins

INGREDIENTS

300g cooked Scotch Lamb PGI,
diced

200g dried broth mix, soaked
overnight

2 tbsp sunflower oil

1 leek, chopped

2 carrots, diced

1 celery stick, diced

1 small turnip, diced

1.2 litres hot lamb stock

4 tbsp chopped parsley

METHOD

1. Heat the oil in a large pan and cook the leek, carrots, celery and turnip for 5-10 minutes until starting to soften. Add the soup mix, lamb and stock.
2. Bring to the boil, cover and simmer gently for 40-45 minutes until all the vegetables and pulses are tender. Ladle into bowls, sprinkle with parsley and serve with crusty bread.



LAMB AND TOMATO CURRY

SERVES: 4-6 PREP: 15 mins COOK: 25 mins

INGREDIENTS

500g cooked Scotch Lamb PGI, cubed

1 tbsp sunflower oil

2 garlic cloves, chopped

4 cm piece root ginger, peeled and chopped

2 green chillies, seeded and chopped

1 tsp cumin seeds

6 ripe tomatoes, quartered

150 ml lamb stock

2 tbsp hot curry paste

200g young leaf spinach

2 tbsp mango chutney

Steamed basmati rice or poppadoms, to serve

METHOD

1. Heat the oil in a large pan and cook the garlic, ginger, chillies and cumin seeds for 3 minutes. Add the lamb and tomatoes and cook for a further 5 minutes until the tomatoes begin to soften.
2. Stir in the stock and curry paste. Bring to the boil then cover and simmer for 15 minutes, check the seasoning and add a little salt if necessary. Stir in the spinach and mango chutney and cook for a further few minutes until the spinach has wilted.
3. Divide between shallow bowls and serve with steamed basmati rice or poppadoms.





LAMB PILAF

SERVES: 4 PREP: 15 mins COOK: 40 mins

INGREDIENTS

300g cooked Scotch Lamb PGI,
diced

1 tsp golden caster sugar

1 large pinch saffron strands

50g butter

240g basmati rice

2 tbsp vegetable oil

1 large onion, thinly sliced

1 small butternut squash, peeled,
seeded and diced

8 dried, ready-to-eat apricots,
chopped

1 tsp finely grated lemon zest

Pinch of salt

1 cinnamon stick

2 tbsp toasted pinenuts

METHOD

1. Place the sugar, saffron, butter and 100 ml water in a small bowl and microwave for 1 minute until the butter melts. Set aside to infuse.
2. Rinse the rice in a sieve with warm water. Add the rice to a pan of boiling water and cook for 5-7 minutes. It should be nearly done but still slightly hard in the centre.
3. Meanwhile, heat the vegetable oil in a large casserole with a tight-fitting lid. Cook the onion and butternut for 5 minutes then stir in the part-cooked rice, lamb, chopped apricots and a pinch of salt. Drizzle over the saffron mixture then break the cinnamon stick on top.
4. Cover the pan tightly and cook over a very low heat for 30 minutes until the rice is completely tender and has formed a golden crust on the bottom. Break up the mixture with a fork, divide between bowls and scatter over the pinenuts to serve.

SHEPHERD'S PIE

MAKES: 4 PREP: 20 mins COOK: 50 mins

INGREDIENTS

400g cooked Scotch Lamb PGI,
shredded or chopped

1 tbsp sunflower oil

1 large onion, chopped

2 carrots, diced

2 fresh rosemary sprigs

2 tbsp tomato purée

2 tsp Worcestershire sauce

500 ml lamb stock

75g frozen peas

1kg white potatoes, cubed

1 small leek, finely shredded

Large knob of butter

3 tbsp milk

50g grated mature cheddar

METHOD

1. Heat the oil in a large pan and cook the onion and carrots for 5 minutes until softened. Add the lamb, rosemary, tomato purée, Worcestershire sauce and lamb stock. Bring to the boil then simmer gently for 20 minutes. Stir in the frozen peas.
2. Meanwhile, heat the oven to 190°C. Cook the potatoes in a large pan of boiling water for 15 minutes until tender. Drain well, (pouring the boiling water onto the leeks in a separate pan to cook for 2-3 minutes) and return potatoes to the pan. Mash until smooth, beat in the butter and milk, then add the cooked, drained leeks and stir together.
3. Transfer the lamb mixture to an ovenproof dish and spoon over the mash. Rake over the top with a fork and sprinkle over the cheese. Sit the dish on a baking sheet. Bake for 25-30 minutes until golden and bubbling around the edges.





SCOTCH LAMB PGI PITTA SALAD

MAKES: 4 PREP: 10 mins COOK: 15 mins

INGREDIENTS

300g cold leg of Scotch Lamb PGI,
thickly sliced

4 pitta breads

1 small Romaine lettuce, shredded

1 small red onion, finely sliced

4 heaped tsp black olive tapenade

100g feta cheese, cubed

Halved cherry tomatoes, optional

METHOD

1. Heat a griddle pan over medium/high heat and sear the lamb slices for a minute or two, turning until nicely browned and heated through. Do this in batches, covering with foil to keep warm in the meantime.
2. Pop the pittas in the toaster till softened and warmed through.
3. Split and stuff each pitta with a handful of shredded lettuce, onion and feta. Divide the warm meat slices equally between the pitta pockets and top the meat with a dollop of the tapenade and serve straight away.

GRATIN OF LAMB PARSNIPS & POTATOES

MAKES: 4 PREP: 20 mins COOK: 60 mins

INGREDIENTS

300g cooked Scotch Lamb PGI,
shredded

Small knob of butter

2 garlic cloves, crushed

150g Lancashire cheese, grated

500g red-skinned potatoes, peeled
and very thinly sliced

500g parsnips, peeled and very
thinly sliced

300 ml whole milk

150 ml carton double cream

Pinch of salt

METHOD

1. Preheat the oven to 180°C and butter a shallow ovenproof dish. Mix together the garlic and cheese.
2. Layer the potatoes, lamb and parsnips alternately into the dish sprinkling with the garlic-cheese as you go. Finish with a layer of potatoes and sprinkle of cheese.
3. Beat together the milk and cream with a pinch of salt and pour evenly over the potatoes. Grind over some black pepper and bake for 1 hour (cover with foil if the top is getting too dark) until tender and nicely browned.



QUICK & EASY RECIPES





SPICED SCOTCH LAMB PGI WITH SPINACH

SERVES: 4 PREP: 10 mins COOK: 20 mins

INGREDIENTS

4 x 120g Scotch Lamb PGI leg steaks
2 tbsp tomato purée
1 mild red chilli and 1 clove garlic,
peeled or 2 tbsp chipotle chilli paste
500g baby new potatoes
200g baby spinach leaves
30g butter or 2 tbsp olive oil
Salt and pepper

METHOD

1. In a small bowl mix the tomato purée with the chilli and garlic, both grated on a fine grater and season with a pinch of salt. Spread this paste all over the steaks and set aside while you cook the potatoes in boiling water.
2. Preheat the grill to a high setting and cook the steaks for about 3-4 minutes on each side or until done to your liking.
3. When the potatoes are thoroughly cooked, drain well and shake the pan hard so that the potatoes split and release some steam. Squash them slightly with a fork. Add the butter or oil and return to the heat, add the spinach to the potato pot a handful at a time until it has wilted, season and serve with the spicy lamb.



LAMB TIKKA KEBABS

SERVES: 4 PREP: 10 mins COOK: 15 mins

INGREDIENTS

500g diced leg of Scotch Lamb PGI
2 tbsp tikka paste
150g plain yogurt
3 small red onions, peeled and each
cut into 6 wedges

For the raita

Shop bought or to make your own:
 $\frac{1}{4}$ cucumber, grated, skin on, then
squeezed on some kitchen paper to
blot up the juices
200g plain yogurt
1 tbsp mint leaves, chopped

To serve

Ready to eat poppadoms and
chutney

METHOD

1. Toss the lamb, tikka paste and yogurt into a bowl and mix together well to coat all the meat.
2. Preheat the grill to a high setting. Thread skewers with chunks of meat interspersed with onion wedges and set aside to marinate if you have 20 minutes to spare, if not you can cook them straight away.
3. If making your own raita, mix the ingredients together with some freshly ground black pepper and a pinch of salt. Chill until you're ready.
4. Grill the kebabs, turning as they brown, for about 12-15 minutes. Eat the kebabs with the raita, poppadoms and some chutney.





LAMB STEAKS WITH SPICY COUSCOUS

SERVES: 4 PREP: 5 mins COOK: 10 mins

INGREDIENTS

4 x 150g Scotch Lamb PGI rump steaks

250g couscous

75g sultanas

Grated zest from ½ lemon

400 ml vegetable or chicken stock (at boiling point)

1 tbsp harissa paste*

1 tbsp olive oil

2 tbsp roughly chopped coriander leaves

Yogurt and a wedge of lemon to serve

*If you don't have harissa use tomato purée and chilli sauce

METHOD

1. Prepare the couscous by tipping it into a heat-proof bowl with the harissa, sultanas, lemon zest and pour over the hot stock, stirring with a fork. Cover and leave for 10 minutes while the stock is absorbed.
2. Season the lamb steaks and rub them with the oil, heat the pan and cook the meat over a high heat turning often to cook evenly, for about 8 minutes in total. Allow the meat to rest for 5 minutes or so.
3. Stir the couscous again and break up any lumps with a fork. Sprinkle some chopped coriander over the couscous and serve with the steaks, a small bowl of yogurt and a wedge of lemon to squeeze over.



LAMB AND COURGETTE SKEWERS

MAKES: **6 skewers** PREP: **5 mins** COOK: **10-15 mins**

INGREDIENTS

500g cubed lean Scotch Lamb PGI
shoulder meat
3 medium courgettes cut into
chunks
3 tbsp concentrated tomato purée
1 clove garlic, crushed
½ tsp salt
1 tsp finely grated lemon rind
2 tbsp lemon juice
6 bay leaves (optional)

To serve

Warm Mediterranean flat bread
and houmous

METHOD

1. In a bowl mix together the tomato purée, garlic, lemon rind, salt and juice. Add the lamb pieces and lots of black pepper, mix well and leave to marinate for 10 minutes if possible.
2. Thread the lamb and courgettes (and bay leaves, if using) onto skewers and cook under a preheated grill or on the barbecue for about 10-15 minutes, turning regularly so that the tomato paste doesn't burn. Serve with warm bread and houmous.

LAMB AND BROCCOLI STIR-FRY

SERVES: 4 PREP: 10 mins COOK: 15 mins

INGREDIENTS

350g Scotch Lamb PGI leg or fillet,
cut into thin strips
2 tbsp groundnut oil
2 red onions, peeled and sliced
1 clove garlic, peeled and crushed
200g broccoli, cut into bite sized
pieces
100g sugar snap peas, halved
lengthwise
3 tbsp sweet chilli sauce
1 tbsp soy sauce
2 tsp finely grated root ginger

METHOD

1. In a wok, stir-fry the lamb in 1 tbsp of the oil for 2-3 minutes to brown. Tip the meat out onto a plate while you cook the vegetables.
2. Reheat the wok with the rest of the oil, stir-fry the onions, fairly gently for 4-5 minutes to soften then turn up the heat and add the broccoli, sugar snaps and garlic, stir-frying until nearly tender but still crisp to the bite.
3. Return the meat and any juices to the wok, add the chilli sauce, soy sauce, ginger and 2 tbsp water, stir until all is coated and the meat is hot. Serve with rice.





GARLIC LAMB WITH ROAST TOMATOES

SERVES: 2 PREP: 5 mins COOK: 15 mins

INGREDIENTS

2 x 150g Scotch Lamb PGI leg steaks
150g plum cherry tomatoes, halved
Olive oil
3 tbsp ready made garlic and herb butter
30g pitted black olives
10g flat leaf parsley, chopped
A pack of microwaveable long-grain or basmati rice
Lemon wedges to serve (optional)

METHOD

1. Preheat the oven to 200°C.
2. Tip the tomatoes into a suitably sized gratin dish, sprinkle with some olive oil, salt and pepper and pop in the oven for 15 minutes.
3. Fry the steaks in a very hot non-stick pan for 7-10 minutes, turning often, and when done to your liking add the garlic butter and swirl the pan as it melts to coat the steaks, then add the olives and parsley. Remove from the heat to rest the steaks while you cook the rice according to the instructions on the pack.
4. Serve the lamb with the rice, tomatoes and the garlicky sauce spooned over, and a wedge of lemon if you like.

BUTTERFLIED LEMONY FILLET

SERVES: 2 PREP: 10 mins COOK: 15 mins

INGREDIENTS

1 x 300g Scotch Lamb PGI fillet,
all fat removed

Finely grated rind of ½ lemon

1 clove garlic, very finely chopped

½ tsp coarsely ground black pepper

2 tsp olive oil

300g new potatoes, halved if large

20g butter

For the mint sauce

Shop bought or to make your own:

A large handful of fresh mint leaves

1 tbsp sugar

½ tsp salt

75 ml cider or malt vinegar

METHOD

1. On a chopping board with a sharp knife split the lamb fillet down its length but don't cut all the way through. Open out the lamb as you would open a book to its middle and press it open with the heel of your hand. Mix together the lemon rind, garlic and pepper and loosely sprinkle this all over both sides of the meat. Press the flavouring lightly into place.
2. If making your own mint sauce, finely chop the mint and scrape it into a small bowl, sprinkle the sugar and salt onto the mint and squash it all together firmly with the back of a spoon, to make all the juices run from the mint into the sugar. Add the vinegar and stir together well. Set aside until needed.
3. Cook the potatoes in lightly salted boiling water for about 10-15 minutes until tender, while you heat a griddle to searing hot. Rub the olive oil onto the lamb on both sides and sear it on the griddle pan for about 2-3 minutes per side. It should be pink in the middle. Remove from the pan and keep it warm.
4. Drain the potatoes and melt the butter on them before serving with the lamb, cut in half to serve two. Don't forget the mint sauce.





SKEWERED LAMB AND VEGETABLES

MAKES: **6 skewers** PREP: **10 mins** COOK: **15 mins**

INGREDIENTS

400g cubed Scotch Lamb PGI leg
8 small whole shallots, peeled
(soaked in boiling water for 5
minutes to loosen the skins and
soften the shallots a little).
2 yellow or orange sweet peppers,
seeded and cut into bite sized pieces

For the marinade

Juice of a lemon
3 tbsp olive oil
1 tsp chopped oregano
2 cloves garlic, peeled and crushed

For the potatoes

4 medium potatoes, peeled and cut
into 2 cm cubes
1 tbsp vegetable oil
1 tsp paprika or sweet smoked
paprika
Salt

METHOD

1. Preheat the oven to 200°C.
2. Mix all the marinade ingredients together and add the lamb to it, turning so that it is thoroughly coated. Thread the meat and vegetables onto skewers and set aside for 10 minutes or so if you have time.
3. Tip the diced potatoes onto a baking tray, sprinkle with the oil and salt and toss together with your hands. Shake to spread the potatoes into a single layer and dust sparingly with the paprika. Cook in the oven for about 15 minutes till tender and golden.
4. Meanwhile, grill the skewers for about 15 minutes, turning as they brown until the meat is done and shallots and peppers are tender. Serve with the potatoes cubes and a green salad.

GRILLED LAMB STEAKS WITH GREEK SALAD

SERVES: 2 PREP: 10 mins COOK: 10-15 mins

INGREDIENTS

2 Scotch Lamb PGI gigot (leg) steaks
Salt and pepper

To serve

2 large tomatoes cut into chunks
½ small cucumber, peeled and cut into chunks
1 small red onion very thinly sliced
50g kalamata olives
50g feta cheese, broken into small pieces
Leaves from 2 sprigs oregano, roughly torn
Black pepper and olive oil to dress

METHOD

1. Mix together all the salad ingredients except the oil.
2. Heat a non-stick griddle pan to medium/hot. Lightly season both steaks and place them on the hot pan at a diagonal to the stripes for 2-3 minutes then turn 90° to achieve a criss-cross pattern. Turn and cook the other sides in the same way, 2-3 minutes, then a further 2-3 minutes or until the lamb is cooked to your liking. (Remove the steaks to a warm oven for 5-10 minutes if you prefer the lamb to be well done.)
3. Dress the salad with a good extra virgin olive oil and serve with the gigot steaks and warm crusty bread.





MINI MEATBALLS WITH PENNE

SERVES: 4 PREP: 10-15 mins COOK: 20 mins

INGREDIENTS

400g minced Scotch Lamb PGI
6 spring onions, finely chopped
1 clove garlic, crushed
2 tbsp breadcrumbs
1 tbsp rosemary, finely chopped or
1 tsp dried rosemary
1 medium egg
A little olive oil to drizzle over the
meatballs

For the pasta

6 ripe tomatoes, chopped
150-200g feta cheese, roughly
crumbled
10g mint leaves, torn
500g pack fresh penne pasta

METHOD

1. Preheat the oven to 200°C and grease a non-stick baking tray.
2. Mix together all the ingredients for the meatballs and season well with salt and pepper. Pinch off small cherry-sized pieces of the mince mixture, roll into balls and arrange on the baking tray with space between each one. Drizzle with a little olive oil, then cook in the hot oven for about 20 minutes. Shake the tray half way through to help the meat balls brown.
3. Put a large pan of lightly salted water on to boil, while you chop up the tomatoes. Cook the pasta according to the timing given on the pack, drain then mix with the tomato, feta and mint and maybe a little extra olive oil if you wish.
4. Check the meatballs are cooked through then toss them and any pan juices in with the pasta mixture and serve straight away.



MINTED LAMB BURGERS

SERVES: 6 PREP: 15 mins + chilling time COOK: 10-12 mins

INGREDIENTS

500g Scotch Lamb PGI mince
4 tbsp chopped fresh mint
1 clove garlic, crushed to a paste
50g fresh breadcrumbs
1 egg yolk
Salt and freshly ground black pepper

To serve

6 burger buns
Sliced tomato and lettuce to serve

METHOD

1. Place the lamb in a bowl, add the mint, garlic, breadcrumbs, egg yolk, a little salt and plenty of ground black pepper. Use clean hands to work the mixture together, then divide it into six portions
2. Use your hands to shape each portion into a neat burger shape about 8 cm wide. Place on a plate and chill for at least 20 minutes – this lets them firm up.
3. Heat a non-stick frying or griddle pan or barbecue until hot. Add the burgers and cook for 10-12 minutes, turning occasionally until the lamb is lightly charred but cooked through – there should be not pink juices coming out when tested.
4. Split the burger buns then lightly toast each one on the inside. Serve the burgers in the toasted bun with salad. These taste great served with chunky chips.

COMFORTING & SATISFYING RECIPES





FRAGRANT LAMB STEW

SERVES: 4 PREP: 10 mins COOK: 1 hr 20 mins

INGREDIENTS

500g cubed Scotch Lamb PGI shoulder
1 tbsp olive oil
1 onion, chopped
2 cm piece root ginger, chopped
2 garlic cloves, chopped
2 tsp ras-el-haout (a spice mix)*
125g red split lentils
1 litre hot lamb stock
12 ready to eat dried apricots, halved
Juice of 1 lemon
100g pomegranate seeds
2 tbsp coriander leaves

To serve

Couscous

* or use ½ tsp each of paprika, turmeric, ground cinnamon and ground ginger

METHOD

1. Heat the oil in a large pan and cook the lamb, onion, ginger and garlic over high heat for 5 minutes or so until nicely browned. Stir in the spices and cook for a minute more.
2. Add the lentils and stock, bring to a simmer then cover and cook gently for 1 hour until the lamb is tender.
3. Stir in the apricots and cook for a further 15 minutes. Add the lemon juice to taste then ladle into bowls and scatter with the pomegranate and coriander leaves. Serve with couscous.





LAMB RAGU

SERVES: 4 PREP: 10 mins COOK: 2 hrs 30 mins

INGREDIENTS

1 half Scotch Lamb PGI shoulder
on the bone
1 tbsp olive oil
1 onion, chopped
1 celery stalk, chopped
1 carrot, chopped
2 garlic cloves, chopped
4 sprigs fresh oregano or 1 tsp dried
2 tbsp sundried tomato paste
2 cans chopped tomatoes
70g dry black olives (pitted dry black
olives with herbs are good here)
Handful fresh basil leaves

To serve

Pasta and freshly grated Parmesan

METHOD

1. Heat the oil in a large pan and cook the lamb shoulder over a high heat until nicely browned all over. Lift out and set aside. Add the onion, celery, carrot and garlic to the pan, lower the heat a little and cook for 5 minutes until softened and golden.
2. Stir in the oregano, sundried tomato paste and canned tomatoes. Fill one of the cans with water and add to the pan. Return the lamb, bring to a simmer then cover and cook very gently for 2 hours.
3. Lift the lamb out of the sauce then use forks to strip the meat off the bone. Shred any large pieces and return to the pan with the olives and simmer for 15 minutes.
4. Toss with freshly cooked pasta and torn basil leaves. Serve sprinkled with Parmesan and a good grinding of black pepper.

CLASSIC HOTPOT

SERVES: 4 PREP: 15 mins COOK: 1 hr 45 mins

INGREDIENTS

500g cubed Scotch Lamb PGI shoulder
1 tbsp olive oil
1 large onion, thinly sliced
2 large carrots, peeled and thinly sliced
25g parsley, finely chopped
500g potatoes, peeled and thinly sliced
700 ml hot lamb stock
Large knob of butter

METHOD

1. Heat the oven to 180°C. Heat the oil in a large ovenproof casserole pan and cook the lamb over a high heat until nicely browned. Lift out the lamb with a slotted spoon and transfer to a bowl.
2. Cook the onions in the same pan for 5 minutes until dark golden then add to the bowl with the lamb. Stir in the carrots and parsley then spoon half of the mixture back into the pan and top with a layer of potatoes followed by the rest of the lamb and a final layer of potatoes. Pour over the stock and dot with butter.
3. Cover with a lid and bake for one hour then remove the lid and bake for a further 30 minutes until golden brown. Serve with broccoli or cabbage.





LAMB EN CROUTE

SERVES: 2 PREP: 15 mins COOK: 25 mins

INGREDIENTS

200g Scotch Lamb PGI neck fillet,
the thickest end

Salt and pepper

½ sheet ready-rolled puff pastry
(from 375g pack)

1 tbsp readymade tomato and olive
tapenade

1 egg, lightly beaten

METHOD

1. Trim any excess fat and sinew from the fillet. Season with salt and pepper and dry-fry in a non-stick pan for a few seconds on all sides until seared and brown all over. Set aside to cool thoroughly.
2. Preheat the oven to 200°C. Line a baking tray with baking parchment.
3. Roll the pastry a little thinner and trim to fit the meat with plenty left to overlap and seal without stretching it. Cut a couple of leaf shapes from the off-cuts.
4. Spread the cooled lamb all over with the tapenade and place it in the middle of the pastry, brush the pastry edges with beaten egg and fold over the meat enclosing it in a well sealed, neat rectangular parcel. Place on the baking tray and brush the pastry all over with beaten egg. Chill in the fridge for a few minutes for the pastry to firm.
5. Lightly score the pastry in a cross hatched pattern without making any holes. Brush the pastry leaves with egg and stick on top.
6. Place in the oven for 10 minutes then reduce the temperature to 180°C for a further 15-20 minutes until the pastry is well risen and a rich golden brown. Cover with a double sheet of baking parchment if you think the pastry is colouring too quickly. Remove from the oven and leave to rest for 15 minutes or so before cutting in half and serving with your favourite vegetables or a crisp leafy salad. The flavour will be better if the parcel is allowed to cool a little before serving.

LAMB CASSOULET

SERVES: 4 PREP: 10 mins COOK: 2 hrs

INGREDIENTS

500g Scotch Lamb PGI neck fillet,
cubed
2 tbsp olive oil
1 large onion, chopped
1 celery stalk, chopped
2 garlic cloves, chopped
2 rosemary sprigs
400g can chopped tomatoes
2 x 400g cans cannellini beans,
drained and rinsed
400 ml hot lamb stock
25g fresh white breadcrumbs
2 tbsp chopped fresh parsley

METHOD

1. Heat the oven to 180°C. Heat one tablespoon of the oil in a large ovenproof casserole pan and cook the lamb, onion and celery over a high heat for 5 minutes or so until nicely browned. Stir in the garlic and rosemary and cook for a minute more.
2. Add the tomatoes, beans and stock and bring to the boil. Cover and simmer in the oven for 1½ hours until the lamb is very tender.
3. Meanwhile, mix together the breadcrumbs, parsley and remaining tablespoon of olive oil. Sprinkle over the top of the casserole and return to the oven, uncovered for 15 minutes or so until the top is crunchy and golden. Serve with a crisp green salad.





PAN-FRIED LIVER & BACON

SERVES: 2 PREP: 5-10 mins COOK: 30-40 mins

INGREDIENTS

4 x 1 cm slices Scotch Lamb PGI liver
6 slices pancetta or 4 rashers streaky
bacon

4 tbsp milk

1 tbsp plain flour, seasoned with salt
and pepper and a pinch of mustard
powder

4 tbsp Madeira mixed with 4 tbsp
water

1 tbsp olive oil and a knob of butter

2 medium red onions, thinly sliced

Leaves from 1 sprig fresh thyme or
pinch dried thyme

Salt and pepper

Pinch of sugar

METHOD

1. Heat a non-stick pan, add the oil and butter and when the butter is foaming add the onions and cook over a low heat for 5-8 minutes, until softened and translucent, don't allow them to brown at this stage. Sprinkle the thyme leaves, salt, pepper and sugar over the onions and continue to cook, stirring from time to time until they are brown and well caramelized, about 30 minutes in all.
2. Meanwhile turn the slices of liver in the milk and leave to soak for 5 minutes, then drain, discard the milk and pat the liver dry with kitchen paper. Toss the liver in the seasoned flour, shaking off any excess.
3. Heat a non-stick pan and cook the pancetta or bacon until crisp and reserve the fat to cook the liver. Keep the pancetta or bacon warm while you fry the liver for 3-5 minutes on each side until golden brown. Set aside with the pancetta or bacon.
4. Add the Madeira and water to the pan and let it bubble for a minute or two and incorporate all the sticky bits from the base of the pan into the sauce. Add the liver slices and onions to the sauce to heat through and to make sure the liver is cooked through (it can be a little pink in the middle if you like).
5. Transfer the liver to warmed plates, spoon over the onions and sauce and top with the pancetta or bacon.

SPICY LAMB CURRY WITH AUBERGINE AND BUTTERNUT SQUASH

SERVES: 8 PREP: 30 mins COOK: 1 hrs 30 mins

INGREDIENTS

800g Scotch Lamb PGI shoulder meat cut into bite-sized pieces
4 tbsp vegetable oil
2 onions, peeled and thickly sliced
2 cloves garlic, peeled and crushed
2.5 cm piece ginger, peeled and grated
1 tsp coriander seeds, crushed
1 tsp cumin seeds, crushed
2 tbsp medium-hot curry paste
1 tbsp plain flour
750 ml water or vegetable stock
1 large aubergine, cut into 2 cm cubes
500g butternut squash, cut into 2 cm cubes
4 tomatoes, quartered
2 tbsp mango chutney

Dip to serve

Handful chopped coriander leaves

METHOD

1. Preheat the oven to 160°C.
2. Gently fry the onion and garlic in 1 tablespoon of the oil for 3-4 minutes until softened, add the ginger and spices, fry for a minute more then transfer to an oven proof casserole.
3. Increase the heat under the frying pan, add one more tablespoon of the oil and fry the meat, in batches, until brown on all sides, about 6 minutes for each batch. Transfer to the casserole with the onions. Add the curry paste and flour to the last batch of browned meat and fry for one minute more before adding some of the water or stock and stirring well to get up all the flavoursome morsels that have stuck to the pan. Tip all this into the casserole.
4. Add the rest of the liquid to the curry, bring to the boil and season with salt, then cover with the lid and cook in the oven for about 40 minutes until the meat is almost tender.
5. Meanwhile over medium heat fry the aubergine cubes in a little extra oil for 5 minutes until lightly golden but not cooked through.
6. Add the aubergine, butternut squash, tomatoes and chutney to the curry and return to the oven for 25 minutes until the meat and squash are very tender. Check the seasoning.



LAMB CUTLETS WITH GARLIC & RED WINE

SERVES: 4 PREP: 10 mins COOK: 2 hrs

INGREDIENTS

8 lean Scotch Lamb PGI cutlets
(chops or steaks)
300 ml red wine
2 cloves garlic, crushed
2-3 sprigs fresh rosemary and mint
15 ml olive oil

To coat meat during cooking

50g butter, melted
2 garlic cloves, crushed
1 tbsp fresh rosemary, chopped
1 tbsp fresh mint, chopped

Dip to serve

60 ml crème fraîche
15 ml finely chopped chives

METHOD

1. Mix together the red wine, garlic, herbs and olive oil. Add the lamb cutlets and mix well to coat.
2. Cover, refrigerate and leave for 2-3 hours to allow the flavours to infuse. BBQ or grill, 4-6 minutes each side. Mix together the melted butter, garlic and herbs and brush or drizzle over the cutlets during the last 2-3 minutes of cooking time.
3. For the dip, mix together the crème fraîche and chives. Serve on the side of the cooked cutlets with a bowl of potato salad and a large mixed green salad.





SWEET MOROCCAN LAMB

SERVES: 4 PREP: 15 mins COOK: 40 mins

INGREDIENTS

450g Scotch Lamb PGI neck fillet
sliced into 1 cm pieces

2 tbsp olive oil

50g blanched almonds

2 small onions or large shallots,
peeled and finely chopped

2 cloves garlic, peeled and very
finely sliced

10 strands of saffron

2.5 cm piece ginger, peeled and
finely chopped

1 tsp coriander seeds, crushed

1 cinnamon stick broken in half

8 soft semi-dried apricots

8 dates, torn into halves

3-4 strips thinly pared orange rind

1-2 tbsp clear honey

Salt and freshly ground black
pepper

2 tbsp chopped coriander leaf

METHOD

1. Heat the oil in a deep sauté pan or heavy-based casserole and stir the almonds until they turn golden, remove from the pan with a slotted spoon and set aside.
2. Add the chopped onion and garlic until softened and beginning to brown. Stir in the saffron, ginger, coriander and cinnamon. Toss in the lamb, coating it in the spices and fry for a couple of minutes. Return the almonds to the pan.
3. Pour in enough water to barely cover the meat and bring to the boil, reduce the heat, cover the pan and simmer very gently for about 30 minutes until the meat is tender.
4. Add the apricots, dates and orange rind and a little extra water if necessary, check the seasoning. Re-cover the pan and simmer for a further 15 minutes. Lastly, add the honey, check the seasoning again and simmer for 10 more minutes. The sauce should be quite syrupy.

To serve

Buttery couscous

BRAISED LAMB SHANKS WITH LEMON AND GARLIC

SERVES: 4 PREP: 10 mins COOK: 1 hr 30 mins – 2 hrs

INGREDIENTS

4 Scotch Lamb PGI shanks
1 tbsp olive oil
1 large carrot, diced
2 celery sticks, diced
2 tsp fresh chopped thyme
6 garlic cloves, diced
Grated zest of 2 lemons
1 tbsp tomato purée
400g can chopped tomatoes
600 ml lamb stock or white wine
(or combination of both)
2 tsp balsamic vinegar

METHOD

1. Preheat oven to 180°C.
2. Heat the olive oil in a flameproof casserole and brown the shanks all over. Set aside. Add the carrot and celery to the oil, cook for 5 minutes or until softened but not coloured.
3. Add the thyme, garlic, lemon zest and purée and cook for a further 2 minutes. Pour in the tomatoes and stock (or wine), bring to the boil and simmer for 5 minutes.
4. Return the shanks to the simmering braising liquid. Cover and cook in the oven for 1½-2 hours or until the meat is tender and coming away from the bone.
5. Transfer the shanks to a warm dish and place the casserole dish on the hob and boil to reduce slightly, checking the consistency and seasoning. Add the balsamic vinegar to bring out the flavours.





LAMB & AUBERGINE DHANSAK

SERVES: 4 PREP: 15 mins COOK: 45 mins

INGREDIENTS

500g Scotch Lamb PGI mince
2 tsp garam masala*
½ tsp hot chilli powder*
1 tbsp sunflower oil
1 onion, chopped
2 cm piece root ginger, chopped
1 aubergine, cubed
1 red pepper, seeded and sliced
100g red lentils
400 ml hot lamb stock
4 tomatoes, roughly chopped
1 cinnamon stick, broken in half
250g young leaf spinach

To serve

Basmati rice and/or naan bread

*or use 2 tbsp of a medium curry paste

METHOD

1. Place the lamb in a bowl, sprinkle over the spices and mix well together (if you have time set aside for an hour).
2. Heat the oil in a large pan and cook the onion, ginger, aubergine and pepper for 5 minutes or so, until golden. Add the spiced mince and cook for a further 5 minutes.
3. Stir in the lentils, stock, tomatoes and cinnamon stick. Bring to the boil then cover and simmer for 30 minutes until very tender. Add the spinach, and cook for a minute or two until wilted. Serve with rice or naan.

Cook's Tip

For a lovely cooling raita to serve with this curry, coarsely grate ½ cucumber and place in a sieve. Press with the back of a spoon to extract the excess juice. Mix the cucumber with 150g natural yogurt, 2 tbsp chopped fresh mint and a crushed garlic clove.

LAMB MOUSSAKA

SERVES: 4-6 PREP: 5 mins COOK: 50 mins

INGREDIENTS

675g lean Scotch Lamb PGI mince
1 onion, finely chopped
1 clove garlic, crushed
3 tbsp tomato purée
2 tbsp mint jelly
2 aubergines
75g feta cheese
500g Greek yogurt
2 eggs

METHOD

1. In a non-stick pan dry fry lean lamb mince for 4-5 minutes with onion and garlic.
2. Add tomato purée and mint jelly. Season with salt and pepper and cook for 2-3 minutes.
3. Meanwhile thinly slice aubergines and lightly brown on both sides in a hot frying pan (you might have to do this in 2 or 3 batches).
4. Place half the mince mixture into an ovenproof dish and top with some of the aubergine slices.
5. Crumble over feta cheese and cover with the rest of the mince and the remaining aubergine.
6. Mix together Greek yogurt with eggs and pour over the aubergines.
7. Bake in a preheated oven for 30-35 minutes until golden brown.

Serve with

Baked Greek salad – roast tomatoes, slices of red onion and olives topped with crumbled feta cheese.



LIGHTER BITE RECIPES







INDONESIAN CHILLI LAMB NOODLES

SERVES: 4 PREP: 30 mins COOK: 10 mins

INGREDIENTS

400g lean Scotch Lamb PGI strips
(boneless leg steaks)

2 tbsp Indonesian or regular soy
sauce

1 tbsp wine vinegar

1 tsp grated ginger

1 red chilli, thinly sliced

1 tbsp sunflower oil

1 Chinese cabbage, cut across into
1 cm wide slices

300g fresh rice noodles

200g beansprouts

4 spring onions, thinly sliced

2 tbsp sweet chilli sauce

METHOD

1. Mix together the soy sauce, vinegar, ginger and chilli. Add the lamb, turn to coat then leave to marinate for 15 minutes.
2. Heat the oil in a large wok and stir fry the lamb for 2-3 minutes then remove and set aside.
3. Let the wok get hot again and add a splash more oil. Stir fry the cabbage, noodles and beansprouts for 3-4 minutes until piping hot. Return the lamb and any resting juices to the pan and stir in the spring onions and sweet chilli sauce.
4. Divide between bowls and serve with crackers.

To serve

Indonesian vegetable crackers



BARBECUED BUTTERFLIED LEG OF LAMB

SERVES: 10 PREP: 10 mins COOK: 50 mins

INGREDIENTS

2.4kg leg of Scotch Lamb PGI,
boned and butterflied (opened out
flat, ask your butcher to do this for
you) this gives you 2kg boned weight
4 cloves garlic, peeled and cut into
slivers

For the marinade

1 red onion, peeled and sliced
150 ml red wine
150 ml olive oil
10 whole peppercorns
2 cloves garlic, peeled and squashed
2 tsp dried oregano
1 tsp dried mint
2 bay leaves

METHOD

1. Mix together all the marinade ingredients and set aside.
2. Lay the boned meat flat on a board and with a sharp knife slash a criss-cross pattern, about 1 cm deep, into the flesh on both sides. This will make the heat from the barbecue coals penetrate the lamb and cook it more evenly. On the skin side of the meat make about 20 deep stabs and pop a sliver of garlic in each.
3. Place the meat into a self-seal freezer bag (you may need to fold the lamb in half to do this) and pour in the marinade, making sure it comes into contact with all sides of the lamb. Carefully squeeze out as much air as possible and seal the bag. Place the bag in a tray to avoid any leaks and chill for at least 2 hours, ideally overnight.
4. Prepare the meat by draining off the marinade and patting it dry with plenty of kitchen paper. Place the lamb on a metal tray and season well with salt and pepper.
5. Preheat the oven to 180°C, light the barbecue and when the flames have died down and the coals are glowing, (but not too fiercely), place the lamb directly onto the rack over the hot coals. Turn it regularly so that it browns gradually and cook for about 30 minutes until lovely and brown but not too charred. Remove from the heat and place on an oven-proof tray. Pierce in the thickest part of the meat to test for doneness, the ideal is a lovely rose-pink with no blood running. You may need to transfer the lamb to the hot oven at this stage for about 15 to 20 minutes if it is still too rare.



NICOISE STYLE LAMB

SERVES: 4 PREP: 10 mins COOK: 40 mins

INGREDIENTS

500g Scotch Lamb PGI neck fillet, trimmed

A little olive oil

Salt and freshly ground black pepper

3 large eggs

350g small new potatoes, halved

100g green beans, trimmed

150g cherry tomatoes, halved

50g pitted black olives

2 tbsp capers, drained

50g rocket leaves

For the dressing

Zest and juice 1 lemon

2 tbsp chopped fresh chives

2 tbsp olive oil

1 tsp Dijon mustard

a pinch of sugar

METHOD

1. Preheat a griddle pan. Place the lamb fillet on a board, rub all over with a little oil and seasoning. Place on the hot griddle and cook over a medium heat for 15-20 minutes, turning regularly until they are charred on the outside but still pink in the centre. Remove from the heat and leave to rest for 5 minutes.
2. Place the eggs in a small pan of water, bring to the boil, then simmer for 6 minutes. Drain and rinse in cold water, tapping the shells all over. Peel away the shells and thickly slice the eggs.
3. Cook the potatoes in boiling salted water for 10 minutes or until tender. Cook the beans in boiling salted water for 4 minutes until just tender. Drain both the potatoes and beans then rinse in running water until cold and drain again.
4. Place the eggs, potatoes, beans, tomatoes, olives, capers and rocket in a large bowl. Mix all the dressing ingredients together in a small bowl with seasoning, pour over the salad and toss together.
5. Divide the salad between four bowls. Thinly slice the lamb and lay it on top of the salad. serve immediately.

LAMB PATTIES

SERVES: 6 PREP: 15 mins COOK: 10 mins

INGREDIENTS

500g minced Scotch Lamb PGI
1 red onion, finely chopped
50-75g sundried tomatoes, finely chopped
12 pitted black olives, chopped
1 tsp dried oregano
Pepper and just a little salt

To serve

6 warmed pitta breads
A bag of baby salad leaves or a small shredded lettuce
Pot of ready-made tomato salsa

METHOD

1. Mix together all the patty ingredients and season sparingly, the olives and sun-dried tomatoes will add plenty of flavour on their own. Divide and shape into 12 patties.
2. Heat a frying or griddle pan and cook the patties for about 6 minutes until cooked through.
3. Cut the warm pittas in half, stuff each with a handful of salad leaves, a sliced patty and a spoon of tomato salsa.



WARM LAMB SALAD WITH ROASTED VEG AND FETA

SERVES: 4 PREP: 35 mins COOK: 20 mins

INGREDIENTS

2 Scotch Lamb PGI loin fillets
500g butternut squash, peeled and deseeded
2 courgettes, trimmed and halved
1 red pepper, deseeded
2 tbsp olive oil
2 tbsp fresh thyme leaves or
1 tsp dried
Salt and freshly ground black pepper
1 tbsp clear honey
Juice of half a lemon
100g baby spinach leaves
100g feta cheese, crumbled
A little olive oil

METHOD

1. Preheat the oven to 180°C. Chop the squash, courgettes and pepper into evenly sized pieces about 2 cm. Place in a large roasting tin, add the oil, thyme and seasoning. Toss well to coat then roast for 15 minutes.
2. Heat a griddle pan. Place the lamb on a plate, add a drizzle of oil and seasoning, then rub it into the loin. Place the lamb onto the hot griddle and cook over a medium heat for 10-15 minutes turning the lamb occasionally until it is charred on the outside, but still pink in the middle.
3. Add the honey and lemon juice to the roasted vegetables then toss again, roast for a further 5 minutes or until all the vegetables are tender.
4. Transfer the lamb to a board and leave to rest for few minutes. Add the spinach leaves to the roasting tin along with the feta cheese and toss to mix. Divide the vegetables between four plates. Thinly slice the lamb loins and place on top of the warm salad. Serve straight away.





LAMB SAUSAGE PIZZAS

SERVES: 4* PREP: 35 mins COOK: 20 mins

INGREDIENTS

400g Scotch Lamb PGI and rosemary or mint sausages, skinned
500g ciabatta bread mix
2 tbsp olive oil
350g carton fresh tomato sauce
1 green pepper, seeded & thinly sliced
1 red onion, thinly sliced
200g feta, finely crumbled (optional)

* Serves 8-10 as a snack – perfect cut in slices for a picnic or party.

METHOD

1. Heat the oven to 220°C. Tip the bread mix into a bowl (keep a little aside for rolling) and add warm water (according to packet instructions) and 1 tbsp of olive oil. Bring together to make a soft dough. Knead for 5 minutes then divide into four balls.
2. Lightly dust the surface with the reserved bread mix and roll the balls out into four 18-20 cm rounds. Transfer to 2 large non-stick baking sheets, cover with a clean tea towel and leave to rise in a warm place for 15 minutes.
3. Spread the tomato sauce over the pizza bases then crumble the sausage meat over the top. Scatter with peppers and red onion and drizzle with a little more oil.
4. Bake for 20 minutes until, risen, golden and cooked through. Scatter over the feta, if liked, and serve with a green salad.

SIDES

COOLING RAITA

½ cucumber

150g natural yogurt

2 tbsp chopped fresh mint

For a lovely cooling raita, coarsely grate the cucumber and place in a sieve. Press with the back of a spoon to extract the excess juice. Mix the cucumber with the yogurt and mint and season to taste.

PEA PURÉE

Knob of butter

1 small leek, trimmed and sliced

225g frozen peas

Sprig of mint

150 ml chicken stock

45 ml double cream

A little freshly grated nutmeg

Melt the butter in a medium pan, add the leek and sauté for 3-4 minutes or until soft. Add peas, mint and stock, bring to the boil, cover and simmer for 4 minutes. Use a stick blender to whizz the pea mixture to form a rough purée. Add the cream, nutmeg and season to taste.

MINT SAUCE

Large handful of fresh mint

1 tbsp sugar

½ tsp salt

75 ml cider or malt vinegar

Finely chop the mint and scrape it into a small bowl. Sprinkle sugar and salt onto the mint and squash it all together firmly with the back of a spoon, to make all the juices run from the mint into the sugar. Add the vinegar and stir together well.

SALSA VERDE

1 clove garlic, crushed

A few sprigs of fresh mint

A few sprigs of fresh flat leaf parsley

A few sprigs of fresh basil

1 tbsp capers, drained

60 ml olive oil

Zest and juice ½ lemon

Salt and freshly ground black pepper

Place the garlic, herbs and capers on a chopping board and use a large knife to chop them all together until coarsely chopped. Place in a bowl, add the oil, lemon zest and juice and plenty of seasoning.

KITCHEN & STORE-CUPBOARD STAPLES

Having the correct equipment to hand will really help. This is not an exhaustive list, just some good to have essentials. Buy the best quality equipment you can, it will be a worthwhile investment as it will last for years.

EQUIPMENT

- Knives – carving knife, a good sharp one, paring knife and serrated knife
- Knife sharpener (knives should be regularly sharpened)
- Carving fork
- Solid block chopping board (good to have separate boards for different foods)
- Oven gloves
- Meat tongs
- Roasting tray (with wire rack) and a baster
- Casserole dish
- Griddle pan
- Frying pan
- Scales
- Timer
- Meat thermometer

Tip: Use the wrong side of your knife to scrape food from the chopping board – never use the blade side!

STORE CUPBOARD STAPLES

Seasoning – black pepper corns, coarse sea salt plus good grinders

A selection of dried herbs and spices (rosemary, thyme, tarragon, mint, oregano, bay leaves, cinnamon, cumin and coriander seeds)

Chopped tomatoes and tomato purée

Dijon mustard

Soy sauce

Sweet chilli sauce

Cannellini or butter beans

Honey

Black olives

Brown sugar

Plain flour

Having some staples in the freezer is also a good idea – frozen vegetables are great as a quick and convenient accompaniment.

CLASSIC LAMB ACCOMPANIMENTS

Not just the classic lamb and mint, lamb has the ability to work really well with many ingredients.

MARINATE

What it does – adds flavour.

What to do – mix marinade ingredients. Place meat and marinade in a plastic bag. Refrigerate.

What to use – curry paste, yoghurt and freshly chopped spring onions.

GLAZE

What it does – adds flavour, enhances visual appeal of cooked meat.

What to do – brush the glaze over the meat a few minutes before end of cooking.

What to use – sugar is essential for glazing, try redcurrant or mint jelly.

ACCOMPANIMENTS FOR LAMB

What they do – enhance the meat's natural flavours, enriching each other and the eating experience.

What to do – combine the ingredients and serve with your lamb dish.

What to use – slivers of garlic, sprigs of rosemary and/or anchovies pushed into slits cut in the meat. Try grinding grated lemon rind, root ginger and garlic or mint and rosemary into a paste to fill the slits. Serve with mint sauce and red wine gravy.

Bake with aubergines, tomatoes, courgettes, olives and garlic for a Mediterranean twist. Or pot roast with root vegetables.

Flavoured butters also work well with lamb steaks and chops. Make by simply softening butter and folding through the grated rind of a lemon or lime, some thyme and rosemary. Or try some chilli paste and a few fresh torn basil leaves.

PAIRING INGREDIENTS FOR LAMB

Almond	Coriander leaf	Parsnip
Anchovy	Courgette	Pea
Anise	Cucumber	Peanut
Apricot	Cumin	Pepper
Artichoke (Globe)	Dill	Potato
Aubergine	Garlic	Rhubarb
Beans	Goat cheese	Rosemary
Black pudding	Haggis	Saffron
Cabbage (s)	Lemon	Shellfish
Caper	Mint	Swede
Cardamom	Nutmeg	Thyme
Celery	Onion	Tea
Cherry	Oyster	Tomato
Chestnut	Parsley	Turnips
Cinnamon		

Some interesting flavour combinations to try with Scotch Lamb PGI

MORE INFORMATION ABOUT MEAT

Free recipes:

www.scotchlambkitchen.com

Consumer Clubs – To find member restaurants of the Scotch Beef Club:

www.scotchbeefclub.org

To find members of the Scotch Butchers Club:

www.scotchbutchersclub.org

Food hygiene and general labelling legislation – Food Standards Agency:

www.food.gov.uk

Labelling legislation – search for meat labelling at:

www.scotland.gov.uk

Healthy eating:

www.eatwell.gov.uk

Industry information:

www.qmscotland.co.uk

Scotland Food & Drink:

www.scotlandfoodanddrink.org

Waste of food:

www.lovefoodhatewaste.com

Consumer protection and information – Consumer Focus:

www.consumerfocus-scotland.org.uk

Scottish SPCA – The Scottish Society for the Prevention of Cruelty to Animals:

www.scottishspca.org



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Published by Quality Meat Scotland, 2015

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© 2015 Quality Meat Scotland
ISBN: 978-0-9570709-5-0

Advised retail price: £19.99





