

# GUINNESS LAMB SHANKS



Cook the lamb shanks until they're just falling apart and they develop the most amazing flavours. Whatever you do, do not skip the mint oil or spring onions– it's like switching on a light, and just that simple little touch makes the whole dish sing.

## INGREDIENTS

olive oil  
3 red onions  
2 handfuls of raisins  
3 heaped tablespoons thick-cut marmalade  
1 heaped tablespoon tomato ketchup  
2 tablespoons Worcestershire sauce, plus extra for serving  
200ml Guinness  
6 x 350g lamb shanks  
8 sprigs of fresh rosemary  
1 litre organic chicken stock

## To serve

1 bunch of fresh mint leaves  
a few tablespoons olive oil  
2 spring onions  
cider vinegar

## METHOD

Peel and finely chop the onions, then place in a really large casserole pan, with a lug of olive oil and a good pinch of sea salt and black pepper. Cook over a medium-high heat, until the onions start to caramelise, stirring as you go. Add the raisins and marmalade, then add the ketchup, Worcestershire sauce and booze. Give it all a good stir, then leave to gently simmer over a medium-low heat.

Put the lamb shanks into a large frying pan on a medium-high heat with a drizzle of olive oil – cook them in batches, if needed, turning regularly. Once the lamb has some good colour, pick in the rosemary leaves and move them around in the pan to get crispy, but don't let them burn.

Move the shanks into the pan of onions, then pour in all their juices and the crispy rosemary. Add the stock, put the lid on, turn the heat down to low and leave to slowly blip away for 3 hours, or until the meat falls off the bone easily, turning halfway for even cooking.

Once cooked, carefully move the shanks to a platter, making sure the meat stays intact.

Whiz or liquidize the gravy with a stick blender until smooth, then allow to thicken and reduce on the hob.

Quickly bash most of the mint leaves in a pestle and mortar with a good pinch of salt and the olive oil, then take to the table.

Trim and finely slice the spring onions and toss on a plate with the remaining fresh mint leaves, a drizzle of cider vinegar and a pinch of salt.

Add a little splash of cider vinegar and a few more splashes of Worcestershire sauce to the sauce, then ladle it all over the lamb shanks, pouring the rest into a jug for people to

help themselves.

Scatter the vinegary spring onions and a few fresh mint leaves all over the top, and drizzle the mint oil all around the shanks.

Delicious served with creamed potatoes

*Original Recipe Jamie Oliver*

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## ROGAN JOSH



Rogan Josh – an Indian lamb curry with a heady combination of intense spices in a creamy tomato curry sauce. The lamb falls apart tender and packs a serious flavour punch!

## INGREDIENTS

3.5 tablespoons ghee , substitute butter  
1 cinnamon stick  
6 green cardamom pods , lightly bruised  
4 cloves  
1 large onion , finely chopped  
3 cloves garlic , crushed  
1 tablespoon ginger , finely grated  
5 tablespoons tomato passata  
1 teaspoon salt  
750g boneless lamb shoulder , cut into 3cm  
375ml chicken stock

2 tablespoons paprika sweet  
3/4 teaspoon chilli powder or to taste  
4 teaspoons ground coriander  
4 teaspoons ground cumin  
2 teaspoons turmeric powder  
1/4 teaspoon nutmeg  
1 teaspoon garam marsala  
1/2 teaspoon fennel powder

## SERVING/GARNISH

1/2 teaspoon extra garam masala  
1/2 teaspoon extra fennel powder  
125g plain yoghurt  
Chopped coriander leaves, finely shredded ginger, yogurt

....Or if life is too short use a jar of Patak's Rogan Josh  
curry sauce mix

## METHOD

Melt ghee over medium heat in a large heavy based pot. Add cinnamon, cardamom and cloves and cook for one minute. Add onion and cook for 7 minutes, stirring frequently, until pieces are golden and starting the brown on the edges.

Add the garlic and ginger, cook for another minute. Stir in the Spices, cook for 30 seconds. Mix in the tomato puree and salt, then add stock and mix. Add lamb, stir, bring to a simmer. Place lid on and adjust heat to low or medium low so it's simmering gently.

Cook 1 hour 45 minutes, giving it an occasional stir, until lamb is quite tender – use 2 forks to check, it should pry apart pretty easily. Remove the lid, and continue cooking for another 15 minutes (to reduce sauce slightly) – lamb should be very tender by this stage.

Stir in the Yogurt, the Extra garam marsala and fennel. Cook for another few minutes.

Serve with basmati rice, and or Naan

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## **LIVER WITH ONIONS WITH A MASALA SAUCE**





Liver is one of my favourite cuts. Lambs liver sautéed in butter, cut up in slices, on a bed of caramelized onions and a marsala wine sauce. One word: Delicious.

## INGREDIENTS

225g lambs liver  
3 onions peeled, halved and thinly sliced  
275ml marsala wine  
1 plump garlic clove peeled and crushed  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
10g butter  
sea salt and black pepper

## METHOD Serves 2

Heat 1 tablespoon of the oil in a frying pan and add the

onions. Keeping the heat quite high toss around to brown to a dark colour around the edges without burning. Add the garlic and toss again.

Pour in the marsala and the vinegar. Bring to a simmer then reduce the heat to its lowest setting so it is barely bubbling. Simmer for 45 minutes then season with salt and pepper.

Meanwhile slice the liver into 3 cm lengths, keeping them very thin. When the sauce has cooked heat the remaining 1 tablespoon of oil and the butter in another frying pan. When the butter foams add the liver slices and sear briefly for 1-2 minutes.

To serve place the liver on a platter and pour over the hot sauce and onions.

*Original recipe Delia Smith summer cookery*

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## **LAMB CHOPS WITH YOGHURT AND FENUGREEK**



Lamb is our favourite meat, and chops are a particular favourite, and this marinade ticks all the boxes. As Sabrina Gayour says “If you don’t have time to make any accompaniments, this is a perfect dish for devouring on its own” We served them with SAUTEED COURGETTES

## INGREDIENTS

8 trimmed lamb chops  
sea salt flakes

For the marinade

100g Greek yoghurt, plus extra to serve  
30g)of fresh coriander



3 fat garlic cloves, peeled  
1 teaspoon cumin seeds  
1 teaspoon coriander seeds  
 $\frac{1}{2}$  teaspoon chilli flakes  
2 heaped tablespoons dried fenugreek leaves  
zest of 1 unwaxed lemon, finely grated, and the juice of  $\frac{1}{2}$  a lemon  
2 tablespoons sp olive oil  
sea salt flakes and freshly ground black pepper

## METHOD

Put all the marinade ingredients into a blender and blitz until evenly combined and smooth.

Place the lamb chops in a wide, shallow non-reactive dish, add the marinade and turn the chops until well-coated in the mixture. Cover the dish with cling film and leave the chops to marinate in the refrigerator for 1 hour, or overnight if preferred.

Remove the chops from the refrigerator at least 30 minutes before cooking to allow them to come to room temperature.

Preheat a non-stick frypan over the highest possible heat. Once super-hot, shake any excess marinade from the chops, sprinkle a little salt on one side and lay salt-side down on the griddle pan. Cook for 2-3 minutes on each side, depending on thickness, until nicely charred. If you need to cook them in batches, keep one batch warm under a layer of kitchen foil while you cook the rest.

Remove from the pan and leave to rest on a plate for 5 minutes or so.

Serve alongside a bowl of Greek yoghurt seasoned with black pepper

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# LAMB SOUVLAKI



Inspired by Corfu, this lamb souvlaki recipe makes for a great barbecue dish. From Rick Stein, the juicy lamb is accompanied by flatbread, tzatziki and pickles

Can there be anything more exquisite than skewered cubes of lamb marinated with olive oil, lemon juice and Greek oregano and cooked over charcoal.

A souvlaki is not dissimilar to a Turkish shish kebab.

## INGREDIENTS

2kg boned shoulder of lamb

1 tablespoon dried, oregano Greek if possible

Juice 1 large lemon 150ml extra virgin olive oil

Salt and freshly ground black pepper

For the tzatziki:

1 large cucumber

2 garlic cloves

500g natural Greek yoghurt

75g spring onions finely chopped

2 tablespoons chopped fresh mint

2 tablespoons extra virgin olive oil

1 teaspoon white wine vinegar

Salt and freshly ground pepper

## METHOD

First, make the tzatziki.

Peel the skin of the cucumber away in strips – you want some but not all of it. Then coarsely grate the cucumber, pile it into the centre of a clean tea towel and squeeze out most of the excess liquid. Put the garlic cloves onto a chopping board, sprinkle with a large pinch of salt and crush into a smooth paste with the flat blade of a large knife.

Spoon the yoghurt into a bowl and stir in the cucumber, garlic, spring onions, mint, olive oil, vinegar and salt and pepper to taste.

Set aside until needed.

Cut the lamb into strips and cubes, trimming away any excess fat. Put the meat into a bowl with the oregano, lemon juice, olive oil, 2 teaspoons salt and some black pepper and leave in the fridges to marinate overnight.

Bring to room temperature an hour before you are ready.

Light your barbecue. Being up to temperature

Thread about 5 pieces of meat, folding the thinner strips in half, on to sixteen 25-cm-long metal skewers and cook, in batches if necessary, for 6 minutes, turning them 2-3 times during cooking, until they are nicely browned on the outside and cooked through but still moist and juicy in the centre.

Transfer to a serving platter and keep warm while you cook the remainder.

Serve with flatbreads, the tzatziki, ripe tomatoes, pickled cucumbers or gherkins, pickled chillies and sprinkle with paprika.

*Original Recipe Rick Stein Mediterranean Escapes*

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## **ROAST LAMB WITH CAPER BUTTER**





Roast lamb is a classic Easter Sunday favourite, and the herb-and-garlic-spiked salt cure enhances the flavour of the lamb and makes for a juicy roast.

#### INGREDIENTS

- 3 tablespoons salt
- 2 tablespoons chopped fresh rosemary
- 2 tablespoons. finely chopped garlic
- 1 bone-in leg of lamb
- 2 tablespoons. olive oil

#### For the Lamb

- 2kg leg of lamb
- 1 tablespoon vegetable oil
- 1 tablespoon sea salt flakes
- 100g unsalted butter, softened
- 3 cloves garlic, roughly chopped
- 1 tablespoon rosemary
- 2 tablespoons capers



1 tablespoon pepper

For the mint sauce

a bunch mint, leaves picked

4 tablespoons olive oil

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

a pinch caster sugar

1 shallot, finely chopped

## METHOD

Twenty-four to 36 hours before cooking, combine the salt, rosemary, garlic and pepper in a small bowl.

Place the lamb, fat side up, on a work surface. Using a sharp knife, score the fat in a 1-inch diamond pattern (do not cut into the meat). Generously coat the top and sides of the lamb with the salt mixture, working it into the cuts.

Wrap in plastic wrap, place on a rimmed baking sheet and refrigerate.

Unwrap the lamb; wash off the salt mixture. Let it stand at room temperature 1 hour.

Preheat the oven to 200°C

Very lightly score the meat with a sharp knife in a criss-cross pattern all over.

Put the butter, garlic and rosemary into a small food processor and whizz until smooth. Add the capers and pulse several times to mix and slightly break up. Rub the caper butter all over the lamb, to coat evenly.



Put the lamb into a shallow roasting tin and cook in the oven for 1 hour, basting with the caper butter halfway through. If you have a digital thermometer, probe the lamb in the thickest part – it should read between 50-55C.

Put the lamb onto a plate, pouring over all of the caper butter and loosely cover with foil to rest for 20 minutes or until it hits a temperature of 60C, before carving.

Meanwhile, to make the mint sauce, put the mint leaves into a food processor and pulse briefly to chop and bruise. Add the olive oil, vinegar, mustard, sugar and a little seasoning, and whizz until smooth. Pour into a serving bowl and stir through the chopped shallot.

Serve with the lamb and caper butter

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# KHORESH GHEYMEH – PERSIAN DRIED LIMES, LAMB AND SPLIT PEA STEW.



KHORESH GHEYMEH خورش قیمه is a deliciously balanced Persian stew that is prepared with, lamb and yellow split peas, but the special ingredient is Limoo Amani Persian dried limes have a strong sour, citrus flavour and a deep, earthy fermented flavour which plays a big role in the amazing taste of Gheymeh.

The end result is simply just short of magic, with complex and rich multidimensional notes of sour and bitter accompanied by an intoxicating aroma.

INGREDIENTS Serves 4-6 (needless to say, I scaled it down for just the two of us. And still had plenty left over for the following day.)

3 tablespoons of olive oil  
2 large onions, peeled and roughly diced  
1kg of boneless lamb neck, diced into 3cm pieces  
2 teaspoons of ground turmeric  
1 teaspoon of ground cinnamon  
2 generous pinches of saffron  
150g of tomato purée  
8 Persian dried whole limes  
200g of split yellow peas  
Sea salt and freshly ground black pepper.

#### METHOD

Heat the olive oil in a large heavy based saucepan over a medium heat and fry the onions until softened.

Increase the temperature and add the lamb pieces and fry for about five minutes, until the pieces are browned all over, stirring constantly to avoid the meat stewing.

Add the turmeric and stir well to ensure that the meat is completely coated. Do the same with the saffron and cinnamon. Then add the tomato purée and season well with salt and pepper. Stir well and cook for 1-2 minutes.

Prick the limes with a fork, (This can be tricky) then add them to the stew.



Add enough water to just cover the meat and limes. Stir well, bring to a light boil and then turn the heat down low and cook for  $1\frac{1}{2}$  hours.

After  $1\frac{1}{2}$  hours add the yellow split peas, stir in well, and cook for a further hour.

Serve with basmati rice. and finally garnish the dish with thinly sliced potatoes, yes! chips. Panic not: they are delicious on top of the finished dish.

*Original Recipe Sabrina Ghayour Persiana*

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## **SPICY LAMB KEBABS WITH LEMON POTATOES**





Following on from our Christmas dinner with Cathy and Nigel, because it was so big we cut a piece off, to freeze for later. So I thought I would spice things up with these tangy Lamb and pepper kebabs, a real spice hit. I served with them with these delicious lemon roasted potatoes!

#### INGREDIENTS Serves 4

- 2 garlic cloves minced
- 1 tablespoons chili paste such as Sambal Oelek
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 2 lamb fillets from a leg cut into chunks
- 1 yellow bell pepper cut into chunks
- 1 red pepper cut into chunks
- 1 clove of garlic crushed
- Coriander finely chopped

60 ml Greek yogurt  
Sunflower oil

### *For the Lemon Potatoes*

4 medium potatoes washed and cut into chunks  
60 ml olive oil  
1 lemon zest and juice  
3 cloves garlic crushed  
Salt and freshly ground black pepper

### METHOD

Combine first 6 ingredients in a medium bowl. Add Lamb and toss to coat. Cover with plastic wrap and refrigerate for 24 hours

Immerse 12 long wooden skewers in water; soak 30 minutes. Drain and pat dry.

Meanwhile, remove Lamb from marinade (discard marinade) and thread onto skewers along with the yellow and red pepper chunks.

Preheat gas grill or grill pan to medium-high heat.

Smear with sunflower oil. Place skewers on grill and grill 4 minutes on each side, or until lamb is slightly pink.

In a medium bowl, mix together the Olive oil, lemon zest and juice, and minced garlic. Add potato chunks and toss to coat evenly.

Spread the potatoes in a single layer in a frying pan. Season with salt and pepper. Fry for 30 minutes, (tossing occasionally,) or until the potatoes are tender and crisp.

In a small bowl, combine fresh coriander, crushed garlic, and yogurt. Serve as a dipping sauce with the kebabs.

Yotam Ottolenghi writing in the Guardian