

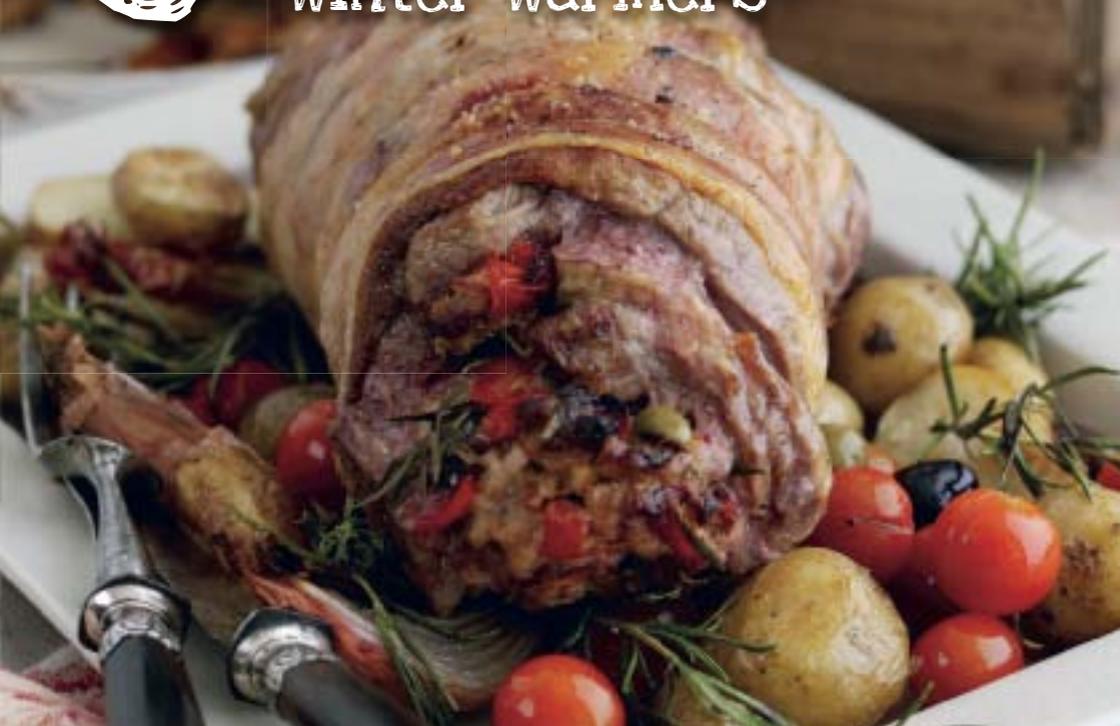


Campaign financed with aid from the European Union and Hybu Cig Cymru – Meat Promotion Wales (HCC)

Autumn & Winter  
RECIPES

6

delicious  
**Welsh Lamb**  
winter warmers



It's all about quality time

[eatPGIwelshlamb.com](http://eatPGIwelshlamb.com)



## It's all about quality time

All of our lambs are born and carefully nurtured using traditional methods that are unique to Wales and its environment. It's an age old recipe that's won us PGI status.



To find out more about PGI, or for more news, recipes and information, visit [eatPGIwelshlamb.com](http://eatPGIwelshlamb.com)

As the nights get colder, we start craving for something warm and fulfilling.

6 Welsh Lamb dishes fit the bill perfectly.

1. An autumn treat
2. In from the cold
3. An all-time great
4. Family favourite
5. A taste of home
6. A winter twist



Look for the logos →



Serves: 4  
Cooking time: About 2 hours

### Suggested Cuts



Diced Shoulder



Neck Fillets

### Tips & Tricks

Flavours can improve if left for a day or two, so don't be afraid to make it in advance.

Use any fresh root vegetables of your choice that are in season.

## Welsh Lamb Cawl with Rosemary Dumplings

### Oven Temperature

Gas Mark 4, 180°C, 350°F

### Ingredients

450g (1lb) Lean Welsh Lamb shoulder, cubes  
15ml (1tbsp) Oil  
1 Onion, cut into wedges  
450ml (¾pt) Welsh Lamb stock  
1 Leek, washed & sliced  
2 Carrots, peeled and cut into chunks or 12 mini carrots, scrubbed  
Sprig fresh thyme & rosemary  
3 Large potatoes, peeled and cut into large chunks  
75g (3oz) Frozen Peas  
2 Large handfuls Curly Kale

### Rosemary Dumplings:

100g (4oz) Self-raising flour  
50g (2oz) Suet  
30ml (2tbsp) Fresh rosemary, chopped  
Water

### Method

Preheat oven to Gas 4, 180°C, 350°F.

Heat the oil in a large ovenproof pan or casserole pot and add the Welsh Lamb cubes and onion and lightly brown. Add all remaining ingredients (except peas and curly kale) and bring to the boil. Cover with lid and cook for about 1-1½ hours.

*Rosemary Dumplings:* In a bowl mix the flour and suet, stir in the rosemary. Bind with a little water. Divide the mixture into about 8-10 mini balls and then drop the dumplings into the broth. Cover with lid and cook for about 20 minutes until dumplings are fluffy and risen. Remove dumplings when cooked and place on a plate and keep warm.

Add the remaining vegetables about 10 minutes before end of cooking and heat through. Ladle into bowls, add dumplings and sprinkle with chives and serve.



## Slow Roasted Welsh Lamb Shanks with Tomatoes & Chilli

### Ingredients

4 Welsh Lamb shanks  
15ml (1tbsp) Oil  
1 Onion, peeled and quartered  
1 Red chilli, deseeded and sliced  
1 Green chilli, deseeded and sliced  
5ml (1tsp) Chilli powder  
2 Parsnips, peeled and cut into chunks  
150ml (¼pt) Passata  
150ml (¼pt) Lamb stock  
15ml (1tbsp) Tomato purée  
15ml (1tbsp) Sun dried tomato paste  
Seasoning  
Cherry tomatoes  
Fresh basil leaves

### Method

Heat the oil in a large ovenproof pan or casserole pot, add the Welsh Lamb shanks and brown on all sides. Add the onion and lightly cook, then add all remaining ingredients (except the cherry tomatoes & basil) and bring to the boil.

Season. Cover with lid and cook for 1½ - 2 hours until the meat is tender and falling off the bone.

Serve with creamy mashed potato mixed with crumbled feta cheese and torn basil leaves.



Serves: 4  
Cooking time: 2 hours

### Suggested Cut



Welsh Lamb Shanks

### Tips & Tricks

Cut from the lower end of the leg 'ask your butcher' to prepare these meaty, meltingly tender cuts.

Try using a slow cooker for this recipe which is ideal for slow winter braising.

Just watch the meat fall off the bone!

1 An autumn treat

2 In from the cold

Serves: 4-6  
 Cooking time: About 1½-2 hours

## Welsh Lamb Curry

with Aubergine & Figs

### Oven Temperature

Gas Mark 4, 180°C, 350°F

### Ingredients

675g (1½lb) Lean Welsh Lamb shoulder, cubed  
 15ml (1tbsp) Oil  
 1 Onion, roughly chopped  
 2 Garlic cloves, crushed  
 30ml (2tbsp) Garam masala  
 450ml (¾pt) Lamb stock  
 5ml (1tsp) Cinnamon  
 1 Aubergine, cut into small chunks  
 6 Dried figs, roughly chopped

### Coriander Salsa:

1 Red onion, finely chopped  
 30ml (2tbsp) Fresh mint, chopped  
 30ml (2tbsp) Fresh coriander, chopped  
 1 Green chilli, deseeded and finely chopped  
 Chapatis to serve

### Method

Preheat oven to Gas 4, 180°C, 350°F.

Heat the oil in a large ovenproof pan or casserole pot. Add the Welsh Lamb cubes and brown on all sides. Add the onion and garlic, continue to cook for 1-2 minutes. Add the garam masala and coat all the ingredients.

Add all remaining ingredients and bring to the boil, cover with lid or foil. Cook in preheated oven for 1½-2 hours until meat is tender and sauce thickened.

*Make salsa:* Mix together in a small bowl all the ingredients

Serve the curry scattered with coriander salsa and rolled up chapatis.

### Suggested Cut



Diced Shoulder or Leg

### Tips & Tricks

If you want to save some time there are lots of curry powders and curry pastes available in shops and supermarkets to suit a wide variety of tastes – mild, medium and hot!



3 An all-time great

## Welsh Lamb Shepherds Pie

### Oven Temperature

Gas Mark 4, 180°C, 350°F

### Ingredients

450g (1lb) Lean Welsh Lamb mince  
 900g (2lb) Potatoes, peeled and cut into small cubes  
 2 Parsnips, peeled and diced  
 ¼ Cabbage, shredded  
 1 Onion, finely chopped  
 1 Garlic clove, crushed  
 1 Carrot, peeled and diced  
 15-30ml (1-2tbsp) Flour  
 30ml (2tbsp) Tomato purée  
 300ml (½pt) Lamb stock  
 15ml (1tbsp) Fresh thyme, chopped  
 15ml (1tbsp) Fresh parsley, chopped  
 Seasoning  
 Little milk for mashing potatoes (approx 8 x 15ml)  
 10ml (2tsp) Margarine or butter for mashing

### Method

Preheat oven to Gas 4, 180°C, 350°F.

Place the prepared potatoes and parsnips in a large pan, cover with just enough boiling water to cover and fast simmer with the lid on for about 10-15 minutes until soft (add the cabbage during last 5 minutes of cooking). Meanwhile, place the Welsh Lamb mince, onion and garlic in a cold pan. Place on the heat and 'dry fry' in its own juices and brown for about 4-5 minutes. Add the carrot, flour and purée and combine well together. Add the stock and herbs. Season and bring to the boil and then simmer for 10 minutes with the lid on the pan. Drain the potatoes, parsnips and cabbage. Add the milk and margarine or butter and mash. Place the mince mixture into a family sized gratin dish and top with a layer of mash. Place in a preheated oven until crisp and golden, about 20-25 minutes.

Serves: About 4-6  
 Cooking time: About 30 minutes

### Suggested Cut



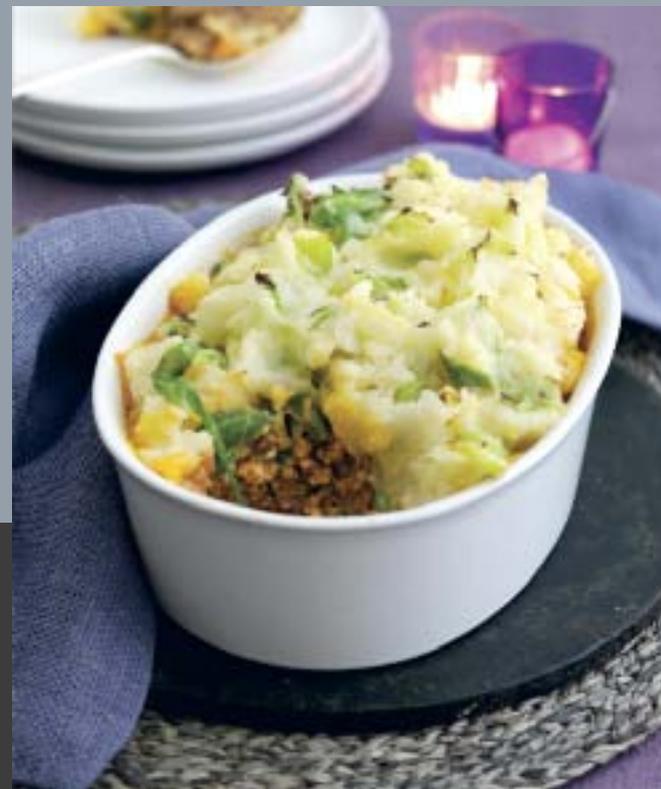
Lean Mince

### Tips & Tricks

For an extra 'zing' to your mash topping try adding 2tsp of creamed horseradish sauce or mustard.

Be creative with your mash – make lovely patterns on the surface using a fork or a palette knife.

Then serve with steamed seasonal greens.



4 Family favourite

## Welsh Lamb Shoulder

Stuffed with Tomatoes, Olives, Garlic & Rosemary

### Oven Temperature

Gas Mark 4, 180°C, 350°F

### Ingredients

1kg (2.2lb) Boned Welsh Lamb shoulder joint

#### Stuffing:

- 4 Lamb and rosemary sausages or pork, skins removed (approx 250g)
- 1 Tomato, chopped
- 25g (1oz) Sundried tomatoes
- 6 Black olives, pitted and roughly chopped
- 6 Green olives, pitted and roughly chopped
- 3 Garlic cloves, sliced
- 4 Sprigs fresh rosemary
- 15ml (1tbsp) Olive oil
- 450g (1lb) New potatoes
- 8 Black & green olives
- 10 Cherry tomatoes

### Method

Preheat oven to Gas 4, 180°C, 350°F.

**Stuffing:** Place all ingredients into a large bowl and mix well together.

Remove strings from the joint if it is strung, open joint and lay flat on a board fat side downwards. Place the stuffing onto the Welsh Lamb. Fold and roll the Welsh Lamb and tie with heat resistant butchers string.

Weigh the joint and calculate the cooking time:

25 minutes per 450g/½kg (1lb) plus 25 minutes. Place the joint in a roasting pan and season. Baste the Welsh Lamb during cooking.

On a separate tray place the olive oil and new potatoes, season, toss together to coat in oil and then spread out in a single layer. Roast for about 40 minutes until potatoes are tender. Add the cherry tomatoes & olives and cook for about 5-10 minutes until tomato skins start to split.

Serve with roasted new potatoes, roasted tomatoes & olives.

Serves: 4  
Cooking time: 25 minutes per 450g/½kg (1lb) plus 25 minutes

### Suggested Cuts



Boneless Rolled Shoulder



Boneless Rolled Leg

### Tips & Tricks

Before carving, allow the joint to rest as this will allow the meat fibre (which contracts in the oven) to relax again giving juicier meat!

Flatten out joint & add stuffing



Step

2

Place all ingredients in roasting tin

step

4



Roll up & tie up with string



Step

3

Stuffing ingredients



step

1

Ask your Butcher →



He'll know everything there is to know about meat and can give you lots of tips and advice to create your perfect meal!!

Your Butcher will advise you about different cuts of meats and how best to cook them to maximise flavour and tenderness.

Ask him about cooking time as per weights of joints etc. So go on, don't be afraid to ask.

Oh and look for the logos for PGI & Welsh Lamb.

**Serves: 4-6**  
**Cooking time: About 30 minutes**

# Welsh Lamb Cutlet Tagine

## Suggested Cuts



Cutlets



Loin Chops

## Tips & Tricks

You could try cooking this dish using a variety of dried fruits such as mango, dates (with stones removed) raisins and almonds.

If you want to create an authentic look with this dish then just transfer it to a ceramic tagine for serving at the table.

## Ingredients

8-12 Welsh Lamb cutlets  
15ml (1tbsp) Oil  
1 Red onion, roughly chopped  
2 Garlic cloves, crushed  
15ml (1tbsp) Ras-el-hanout spice mix  
75g (3oz) Dried figs, roughly chopped  
50g (2oz) Dried apricots, halved  
450ml (¾pt) Lamb stock  
Seasoning  
400g approx Can chickpeas, drained and rinsed  
100g (4oz) Couscous  
Dried apricots, chopped for serving  
Fresh parsley, roughly chopped for serving  
Juice and rind 1 lemon

## Method

In a large pan add the oil and heat. Add the onion and garlic for 1-2 minutes. Add the Welsh Lamb cutlets and brown on all sides. Add the spice, figs, apricots, half the stock and season – simmer with lid on for about 8-10 minutes.

Remove lid and add chickpeas and couscous and cook for a further 8-10 minutes until the couscous is absorbed.

Serve sprinkled with extra chopped apricots, chopped parsley and lemon juice & rind.

