

# Lamb Recipes

Grilled Lamb Cutlets, Crunchy Vegetable Chips and Dip

Roasted Aubergines with Lamb Stuffing

Grilled Lamb Cutlets with Aubergine Salad

Slow Cooked Lamb Shanks

Roasted Leg of Lamb with Garden Fresh Salad and Orange Dressing

Lamb Kebabs

Lamb Tagine with Cauliflower Couscous

Braised Lamb Shank with Sautéed Kale

Lamb Loin Steak and Sweet Potato Salad with Pumpkin Seed Dressing

Lamb Kebabs with Minty Dip

Lamb Burger Steaks with Pepper Mayo Sauce

Lamb Moussaka with Sweet Potato Topping

Lamb Meatballs in Pomegranate Sauce with Cauliflower-Apricot Sides

Braised Lamb Shank with Blackberry Sauce

Glazed Roasted Lamb Shanks with Chili Tomato Reduction

Grilled Lamb with Coconut Sugar Glaze

Herb-Braised Lamb Shanks

Pepper Crusted Lamb Loin Steaks & Root Vegetable Mash

Herbed Roasted Lamb Shank

Roasted Lamb and Vegetable Bites

Slow Cooked Lamb with Sweet Potato Mash

Portobello Lamb Burgers

Pan Grilled Hanger Steak with Garlic Gravy, Grilled Cucumber and Leek Salad

# Grilled Lamb Cutlets

## Crunchy Vegetable Chips and Dip

### Ingredients

#### For the marinade

2 cloves garlic, minced  
2 teaspoons dried oregano  
2 tablespoons lemon juice  
2 tablespoons olive oil  
12 lamb cutlets, French-trimmed

#### For the vegetable crisps

1 large sweet potato, peeled and sliced very thinly  
1 medium sized parsnip, peeled and sliced very thinly  
1 medium sized beetroot, peeled and sliced very thinly  
1 large carrot, peeled and sliced very thinly  
Olive oil, as needed

#### For the vegetable dip

1 cup mayonnaise, homemade  
2 teaspoons lemon juice  
½ teaspoon ground cumin  
½ teaspoon paprika  
½ teaspoon black peppercorns, crushed  
1 teaspoon honey

### Instructions

In a medium sized bowl, combine the garlic, dried oregano, lemon juice and olive oil. Put the lamb cutlets in the bowl, mix and let the marinade coat all the sides of the cutlets. Cover the bowl let it marinate in the chiller for at least 30 minutes before baking.

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

Preheat a grill to medium heat.

Prepare the dip for the vegetable chips. In a small bowl, combine the mayonnaise, lemon juice, ground cumin, paprika, crushed peppercorns and honey, mix well to combine all the flavours and then set aside.

Prepare about 2 pieces of baking sheets for the vegetable chips. Place baking racks on each sheet.

Arrange the thinly sliced vegetables in a single layer on the baking racks, being very careful with keeping the beetroot from staining the other vegetables on the rack. Spread or spray some olive oil on the vegetables and bake in the oven for 15 to 20 minutes or until crisp and golden, turning once for even cooking.

Now, turn up the heat of the grill to a high. Grill the lamb cutlets for 2 to 3 minutes on each side until lightly charred but are still pink at the centre or as to your preferred doneness. Place the grilled lamb cutlets on a baking pan and cover with aluminium foil and keep them warm inside the oven in low heat, until all the grilling is done. Serve the grilled lamb cutlets and with your favourite Paleo lamb gravy with the crisp vegetable chips with the dip on the side.

serves  
4 to 6

# Roasted Aubergines With Lamb Stuffing

## Ingredients

2 medium-large aubergines  
3 tablespoons olive oil  
1 large onion, finely chopped  
2 cloves garlic, minced  
1 pound (or 450 grams) ground lamb meat  
1 teaspoon oregano  
1 teaspoon cumin  
½ teaspoon black peppercorns, crushed  
½ teaspoon cinnamon  
6 tomatoes – 4 chopped and  
2 finely sliced and seeds removed

## Instructions

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

Prepare the aubergines. Cut the aubergines in half, lengthwise, leaving the handle still attached for presentation. Scoop out the flesh of the aubergines, leaving about 1 centimetre edge and then dice the flesh and set aside. Brush some olive oil, about ½ teaspoon, on each slice of aubergine. Place the aubergines on a baking pan and cover with aluminium foil, and then bake in the oven for about 30 minutes.

In a medium sized sauté pan, heat the remaining olive oil over medium high heat. Sauté the onions and the garlic until lightly browned, and then add the aubergine flesh and cook until soft, for about 3 to 4 minutes, and then set aside.

On the same sauté pan, add the ground lamb meat and cook until well browned. Add the oregano, cumin, crushed peppercorns, cinnamon and the chopped tomatoes, and let it cook for about 2 minutes. Then add the cooked aubergines and let the mixture cook for about 5 minutes, stirring regularly, and then fill the mixture into the baked aubergine shells. Top the aubergines with sliced tomatoes and bake in the oven for 30 minutes. Serve while hot.

serves

4

# Grilled Lamb Cutlets With Aubergine Salad

## Ingredients

1 lemon, juiced  
2 tablespoons olive oil  
3 cloves garlic, crushed  
1 teaspoon thyme  
½ teaspoon black peppercorns, crushed  
1 medium-large aubergine, thinly sliced lengthwise  
4 pieces lamb cutlets  
1 large tomato, thinly sliced and seeds removed  
½ cup rocket  
½ cup romaine, sliced

## Instructions

In a medium sized bowl, mix the lemon juice, olive oil, crushed garlic, thyme and crushed peppercorns. Toss the lamb cutlets and the sliced aubergines in the mixture and then cover the bowl and let it marinate for at least 1 hour in the chiller.

Preheat a griddle pan over medium high heat. Cook the aubergines first, at about 2 minutes on each side and then set aside to cool. Afterwards, cook the lamb cutlets on the griddle pan for about 5 minutes on each side or as to your preferred doneness.

In a medium sized bowl, toss the rocket and romaine lettuce together with the grilled aubergines and put about a handful of the mixture on each plate. Garnish the salad with sliced tomatoes on top and then place 2 pieces of grilled lamb cutlets on each plate and serve.

serves

2

# Slow Cooked Lamb Shanks

## Ingredients

4 pieces of 0,7 pound (about 300 grams) lamb shanks, French-trimmed  
½ lemon, juiced  
1 tablespoon black peppercorns, crushed  
3 tablespoons olive oil  
2 large onions, thinly sliced  
2 cloves garlic, chopped  
1 tablespoon fresh rosemary, chopped  
1 cup beef stock  
1 can (16 ounces or 1 pound or about 450 grams) cooked diced tomatoes

## Instructions

In a medium sized bowl, season the lamb shanks with lemon juice and then rub the crushed peppercorns, cover the bowl and let it marinate for at least 1 hour in the chiller.

Put the olive oil in a medium sized sauté pan and heat the oil over medium high heat. Sear the shanks in the hot oil until all sides are browned, and then set them aside.

In the same pan, sauté the onions and the garlic until lightly browned. And then add the thyme and rosemary and cook for another 2 to 3 minutes, stirring regularly. Transfer the cooked mixture to the bottom of a slow cooker. After the transfer, keep the sauté pan warm over low heat. Put the lamb shanks on top of the onions, with the bones facing upwards.

Deglaze the sauté pan with the beef stock and scrape the sides and bottom of the pan to get all the flavours left on the pan to combine. Let it cook for about 1 minute and then add the canned tomatoes. Let the sauce cook for 2 to 3 minutes or until the sauce is warm.

Pour the sauce into the slow cooker and let the lamb shanks cook for 8 hours over low heat.

Preheat a fan-forced oven to low heat.

Before serving, remove the lamb shanks from the slow cooker and place them on a tray. Cover with aluminium foil and keep the shanks warm in the oven. Now, transfer the sauce from the slow cooker to a medium sized saucepan and let it cook over high heat to reduce, cook until it has thickened, stirring regularly.

Serve the lamb shanks hot with the sauce on top.

serves

4

# Roasted Leg of Lamb With Garden Fresh Salad and Orange Dressing

## Ingredients

### For the lamb seasoning

- 1 tablespoon thyme
- 1 tablespoon rosemary
- 1 tablespoon black peppercorns, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 3,3 pounds (or 1,5 kilos) whole lamb leg, trimmed
- 8 cloves garlic, crushed
- 2 tablespoons olive oil

### For the orange dressing

- 1 medium sized orange,juiced
- ½ teaspoon honey
- ¼ teaspoon ground black peppercorns
- teaspoon cinnamon
- ½ cup extra virgin olive oil
- 4 small carrots, peeled and thinly sliced
- 1 medium sized cucumber, sliced
- 1 large green capsicum, sliced into strips
- 1 cup fresh mint leaves
- 2 cups rocket

## Instructions

Preheat a fan-forced oven to 230° degrees Celsius / 450° degrees Fahrenheit.

Prepare a baking tray with a roasting rack on top and set aside.

Prepare the salad dressing first. In a small bowl, combine the orange juice, honey, ground black pepper corns, cinnamon and olive oil. Transfer the transfer the mixed dressing in a sanitized bottle. Cover the cap tightly and set aside to let the flavours infuse.

In a small bowl, combine the thyme, rosemary, crushed peppercorns, ground cumin and coriander then set aside. Put small cuts around the leg of lamb and stuff the cuts with pieces of crushed garlic. Rub the mixed herbs and spices all over the leg of lamb then cover it with clear plastic wrap securely and marinate the lamb in the chiller for at least one hour. Afterwards, remove the plastic covering the leg of lamb and rub olive oil all over. Cover the leg snugly with 2 layers of aluminium foil. Place it on the baking tray and put about 1 cup of water into tray and place it in the oven and immediately lower the heat to 180° degrees Celsius / 350° degrees Fahrenheit. Let the lamb roast in the oven for 3½ hours or until the meat is tender and is falling off the bone. Remove the leg of lamb from the oven and let it rest for 10 minutes.

While the lamb is resting, in a medium sized bowl, toss in the sliced carrots, cucumber, capsicum, mint leavesand rocket. Drizzle the prepared dressing on the salad and portion on to the plates. Then slice the leg of lamb and place of a pound (about 135 grams) of meat on each plate and serve.

serves

6

# Lamb Kebabs

## Ingredients

1 pound (about 450 grams) of lamb offal – a mixture of lamb kidneys, heart and liver, cut into 1 inch chunks  
1 tablespoon rosemary, chopped  
½ pound (about 225 grams) lamb leg, cut into 1 inch chunks  
½ pound (about 225 grams) lamb shoulder, cut into 1 inch chunks  
1 tablespoon thyme, chopped  
8 cherry tomatoes  
8 slices grass-fed organic sausage  
½ cup olive oil  
1 cup mint leaves, chopped  
½ cup fresh basil leaves, chopped  
1 cup rocket  
1 cup coss lettuce  
2 teaspoons walnuts, crushed

For the marinade  
1 large onion, grated  
4 cloves garlic, grated  
½ tablespoon black peppercorns, crushed  
1 lemon, juiced  
½ cup olive oil

## Instructions

Place the lamb offal and rosemary in a small bowl and set aside. In another bowl, combine the lamb leg and shoulder and mix in the chopped thyme and set aside.

In a small bowl combine the onions, garlic, crushed peppercorns, lemon juice and olive oil. Mix it well then put half of the marinade in the bowl of offal and the other half in the bowl of lamb leg and shoulder. Mix the meats well and cover each bowl. Leave the meats to marinate in the chiller for at least 4 hours or best, overnight.

Preheat a grill or a hot griddle on high heat.

Using 8 pieces of skewers push about 2 pieces of lamb leg and shoulder on each, and 1 slice of sausage, folded to look like a rose and then, thread a few pieces of offal on each of the skewers and a piece of cherry tomato at the last end. Grill the kebabs in batches, for about 7 to 10 minutes, turning each one, every 2 to 3 minutes to cook evenly. Grill until golden or as to your desired doneness. While grilling, brush the kebabs with a little olive oil to keep them from drying up.

While the kebabs are grilling, toss the mint leaves, basil, rocket, coss lettuce and walnuts together and then portion the salad in plates and place 2 grilled kebabs on each and serve.

serves

4

# Lamb Tagine With Cauliflower Couscous

## Ingredients

### For the marinade

2 cloves garlic, grated  
½ teaspoon ground turmeric  
1 tablespoon ginger, grated  
2 tablespoons olive oil  
2,2 pounds (1 kilogram) lamb shoulder, diced  
2 tablespoons olive oil  
2 large onions, chopped  
1 cinnamon quill  
1½ tablespoons ras el hanout (Moroccan spice blend)  
1 can (16 ounces or 1 pound or about 450 grams)  
cooked diced tomatoes  
2 cups beef stock  
1 tablespoon honey

1 cup dried apricots, chopped

2 tablespoons sesame seeds, toasted

### For the cauliflower couscous

¼ cup olive oil  
1 large onion, finely chopped  
1½ orange, grated zest only  
½ cup currants, chopped  
2 teaspoons smoked paprika (pimenton)  
2 teaspoons ground cumin  
1 cup orange juice  
50 grams ghee  
2 cups cauliflower, chopped  
2 tablespoons coriander, chopped (optional)

## Instructions

In a medium sized bowl, combine the garlic, turmeric, ginger and 2 tablespoons of olive oil. Add the lamb and mix until well coated. Cover and let it marinate in the chiller for about 1 hour.

Heat the olive oil in a casserole over medium-high heat and then sear the lamb shoulder, in batches, for about 2 to 3 minutes until well browned on all sides, and then set the lamb aside.

Using the same casserole, sauté the onions, let it cook for about 5 minutes or until softened, stirring occasionally. Add the cinnamon and ras el hanout, and then put back the lamb into the pot and gently mix to coat in the spices. Add the canned tomatoes, beef stock and the honey. Increase to heat to medium-high, bring the sauce to a boil then lower the heat to a simmer and cook for 45 minutes, partially covered.

After 45 minutes, uncover the casserole and let it simmer for another 30 minutes, stirring occasionally, and then add the apricots and simmer for another 10 to 15 minutes or until the lamb is tender and the sauce is rich. Turn off the heat and set aside.

For the cauliflower couscous, heat the oil in a medium sized sauté pan over low heat and sauté the onions, orange zest, chopped currants and smoked paprika (pimenton) and cumin. Cook for about 5 minutes, stirring occasionally, or until the onions are soft, add the orange juice and bring to a boil. Add the cauliflower, and let it cook for about 1 minute. Turn off the heat and cover the pot, and then let it stand for 5 minutes. Fluff the cauliflower using a fork.

Serve the tagine sprinkled with toasted sesame seeds on top together with the cauliflower couscous.

serves

4



# Braised Lamb Shanks With Sautéed Kale

## Ingredients

½ tablespoon ground black peppercorns	water, as needed
5,5 pounds (2,5 kilograms) lamb shanks	1 cup dates, stoned
2 tablespoons olive oil	balsamic vinegar to taste
2 pounds shallots, peeled and finely diced	For the sautéed kale
3 cloves garlic, sliced	1 large bunch of kale
2 tablespoons olive oil	3 thick slices uncured (nitrite free) bacon, diced
1 teaspoon ground cloves	1 clove garlic, thinly sliced
1 medium sized ginger, grated	1 chilli, finely chopped
1 pinch of freshly ground nutmeg	
1 orange, skin only, or 2 to 3 strips of dried orange peel	

## Instructions

Preheat a fan-forced oven to 200° degrees Celsius / 390° degrees Fahrenheit.

In a medium sized bowl, season the lamb shanks with ground pepper and set aside.

In a medium sized sauté pan, heat 2 tablespoons of olive oil over medium-low heat. Add the shallots and garlic and let it sweat for about 4 minutes. Transfer the cooked shallots into a large ovenproof dish and set aside.

On the same pan, heat 2 tablespoons of olive oil over medium-high heat and sear the lamb shanks, in batches, until all are well browned. Pack the browned shanks over the cooked shallots in the ovenproof dish, and then add the cloves, ginger, nutmeg and orange peel, and then cover with about 2 to 3 centimetres of water.

Place the dish in the oven and after 15 minutes reduce the heat to 140° degrees Celsius / 280° degrees Fahrenheit, and let it cook for another 2½ hours (depending on the size of the bones) or until the meat is just tender, checking the level of the sauce from time to time, adding more water if needed. Taste and season the sauce and then add the dates and the balsamic vinegar and continue to cook for another 30 minutes or until the dates are plump and the meat is tender but not falling off the bones.

While the lamb shanks are baking, prepare a pot of water and let it boil over high heat. Blanch the kale for 3 to 4 minutes and then drain it well.

Heat a medium sized sauté pan over medium-high heat and add the bacon. Let the fat sweat out of the bacon and then add the garlic. Cook the bacon and garlic until cooked or lightly browned. Turn off the heat and stir in the chilli, and then add the blanched kale and stir to combine.

Remove the lamb shanks from the oven and skim the excess fat from the surface. Serve the lamb shanks with a few dates, its sauce and the braised kale.

serves

8

# Lamb Loin Steak And Sweet Potato Salad

## Ingredients

1 pound (300 grams) sweet potatoes,  
par-boiled, peeled and sliced  
2 tablespoons dried oregano  
2 to 3 tablespoons olive oil  
2 pieces of ½ pound (about 200 grams) lamb loin chops  
1 teaspoon black peppercorns, crushed  
1 tablespoon of spring onions, finely sliced  
1 cup broccoli, blanched  
2 cups of salad greens  
10 small radishes, thinly sliced

For the pumpkin seed dressing  
2 tablespoons pumpkin seeds  
2 tablespoons cider vinegar  
4 tablespoons olive oil

## Instructions

In a small bowl, combine the pumpkin seeds, sherry vinegar and olive oil using a beater and then transfer the mixed dressing in a sanitized bottle. Cover the cap tightly and set aside to let the flavours infuse.

Put olive oil in a medium sized sauté pan over medium high heat. Place the sweet potatoes on the pan and then the oregano, and let it cook, for about 12 to 15 minutes or until crisp well browned on both sides. Remove and drain the sweet potatoes on paper towels and then set aside.

Preheat a griddle pan until searing hot. Season the lamb loin chops with salt and pepper to taste and then put some oil on the griddle pan. Sear and cook the lamb according to your preferred doneness and then remove the steaks from the pan and let it rest for about 10 minutes, and then slice the steaks into strips.

In a medium sized bowl, toss together the sweet potatoes, spring onions, blanched broccoli, salad greens and the sliced radishes. Drizzle the pumpkin seed dressing on the salad and serve on a plate together with the sliced steaks and some more dressing on the sides.

serves

4

# Lamb Kebabs With Minty Dip

## Ingredients

### For the dip

- 1 cup homemade mayonnaise
- 1 tablespoon fresh mint leaves, finely chopped
- 1 medium sized cucumber, grated
- 1 lemon, cut into 6 wedges
- 4 tablespoons extra virgin olive oil
- 1 teaspoon ground black peppercorn

### For the lamb marinade

- 1 handful of wild garlic leaves, torn or
- 3 cloves garlic, crushed
- ½ teaspoon fennel seeds
- 1 teaspoon whole black peppercorns
- finely grated zest of 1 lemon
- cup olive oil

- 1,3 pounds (or 600 grams) lamb loin fillet,  
cut into 5 centimetre pieces

- 2 large red onions, peeled and cut into 6 large dices
- 1 cup cherry tomatoes

## Instructions

Prepare the dip first. Using a cheesecloth, place all the grated cucumber and wring most of the liquid out, and then transfer it into a small bowl. Then add the mayonnaise, mint leaves, juice from 2 wedges of lemons and 2 tablespoons olive oil and then season with pepper to taste. Set the mixture aside to let the flavours infuse.

In a mortar and pestle, combine the wild garlic leaves or cloves of garlic (if the wild garlic leaves are not available) with the fennel seeds and black peppercorns, and then pound the mixture until well combined. Transfer the pounded mixture in a medium sized bowl and then add the lemon zest and about ½ cup of olive oil. Put the lamb meat, onions and cherry tomatoes and lightly toss until well coated. Cover the bowl and then marinate it in the chiller for at least 1 hour. Using 8 skewers, thread or skewer the lamb, onions and cherry tomatoes on to the wooden skewers in alternating order.

Preheat a grill over high heat.

Grill the kebabs, turning occasionally, for about 7 minutes or until golden or evenly cooked on all sides. Serve the kebabs with a drizzle of the remaining olive oil, a wedge of lemon and the minty dip on the sides.

serves

4

# Lamb Burger Steaks With Chili Mayo Sauce

## Ingredients

### For the lamb burger

2 tablespoons cilantro, minced  
2 tablespoons onion, grated  
4 cloves garlic, minced  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground turmeric  
¼ teaspoon black peppercorns, crushed  
1 pound (450 grams) lean ground lamb  
1 cup olive oil

### For the sauce

1 medium sized red capsicum  
½ cup homemade mayonnaise  
½ teaspoon red chilli, finely chopped  
2 cloves garlic, minced  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 cups rocket  
1 cup coss lettuce

## Instructions

In a medium sized bowl, combine the cilantro, onions and garlic, ground cumin, coriander, turmeric, and crushed black peppercorns and mix well. Then add the lamb, mix very well to combine the flavours and the shape the farce into 12 oblong patties.

Preheat a griddle pan over medium-high heat and then spread some olive oil over the pan. Place the patties on the pan with space in between and then cook for about 10 minutes or as to your preferred doneness, turning the patties occasionally to brown all the sides.

While the burger steaks cook, prepare the mayo sauce. Cook the red capsicum over open fire until the skin is charred. Immediately cover the capsicum with clear plastic wrap and let it sit for about 5 minutes. Remove the plastic and then rub off the skin from the capsicum. Cut the capsicum open, remove the seeds and then chop the capsicum into small dices and then place it in a small bowl.

Put the mayonnaise, minced garlic, red chilli, ground cumin and coriander into the bowl of capsicum and then mix well and set aside.

In a small bowl, toss together the rocket and coss lettuce and portion into 4 plates. Serve the lamb burger steaks on the bed of lettuce with the sauce on the side.

serves

4

# Lamb Moussaka

## With Sweet Potato Topping

### Ingredients

For the topping  
2 cups sweet potatoes, roughly chopped  
1 teaspoon paprika  
1 cup almond milk  
1 egg yolk, beaten

For the sauce  
1 tablespoon extra virgin olive oil  
½ cup shallots, chopped  
½ pound (about 200 grams) ground lamb

4 large tomatoes, chopped  
2 tablespoons tomato paste  
1 cup beef stock  
2 tablespoons fresh parsley, minced  
1 tablespoon pomegranate syrup  
1 teaspoon ground cinnamon  
½ teaspoon ground black pepper  
1 medium-large aubergine, thinly sliced crosswise  
2 tablespoons olive oil

### Instructions

Preheat a fan-forced oven to 220° degrees Celsius / 425° degrees Fahrenheit.

Boil water in a medium sized sauce pan. Add the sweet potatoes into the pan and let it cook until tender, for about 10 to 15 minutes. Drain all of the water and then mash the sweet potatoes. Season it with paprika and then add the almond milk, leaving just about 1 tablespoon for brushing. Set the mashed sweet potatoes aside until needed.

Heat a medium sized sauce pan over medium-high heat. Add the olive oil and sauté the shallots until softened, for about 2 minutes. Then add the ground lamb and cook until the lamb is lightly browned, for about 5 minutes. Transfer the cooked lamb onto a colander and drain off the excess fat. Wipe the sauce pan clean and return the cooked lamb on the pan and place it over medium-high heat. Add the chopped tomatoes and let it cook for about 3 minutes, and then add the tomato paste and let it cook for 1 minute, stirring regularly. Add the beef stock and bring it to a boil, then reduce the heat to a simmer and cook until the tomatoes are soft, for about 10 minutes. Add the parsley, pomegranate syrup, cinnamon and pepper and then mix the ingredients very well, and then let it cook for about 5 minutes or until the mixture has formed a thick sauce.

While the sauce is cooking, heat a sauté pan over medium high heat. Drizzle the thinly sliced aubergines with olive oil and sear the aubergines for about 1 minute on both sides or until lightly browned, then set aside.

Assemble the moussaka. Using 4 medium sized ramekins, put a tablespoon of sauce on the bottom. Then lay about 2 to 3 slices of pan seared aubergines over the sauce and repeat the process until to the rim of the ramekin is full.

Add the remaining tablespoon of almond milk with the egg yolk and mix well. Top the mashed sweet potatoes on the moussaka and brush the surface with the egg yolk mixture. Bake the moussaka for 15 to 20 minutes or until the sweet potato crust is golden brown. Serve while hot.

serves

4

# Lamb Meatballs In Pomegranate Sauce With Cauliflower-Apricot Sides

## Ingredients

For the meatballs	For the pomegranate sauce	For the cauliflower-apricot sides
2 pounds (900 grams) ground lamb	½ cup pomegranate syrup	2 tablespoons olive oil
1 medium sized onion, minced	¼ cup balsamic vinegar	1 small onion, minced
8 cloves garlic, minced	1 small onion, grated	4 cups cauliflower florets, chopped
2 tablespoons parsley leaves, chopped	1 can (16 ounces or 1 pound or about 450 grams) crushed tomatoes	½ cup dried apricots, chopped
1 cup almond flour	1 teaspoon ground ancho chilli	1 cup chicken stock
1 large egg	teaspoon paprika	1 teaspoon parsley leaves, chopped
½ teaspoon ground cumin	½ teaspoon ground cinnamon	2 cups rocket
½ teaspoon ground coriander	½ teaspoon ground cardamom	
teaspoon ground allspice	½ teaspoon black peppercorns, crushed	
½ teaspoon black peppercorns, crushed		
1 teaspoon almond milk		
¼ cup olive oil		

## Instructions

In a large bowl, combine the ground lamb, onions, garlic, parsley, almond flour, egg, ground cumin, coriander and all spice, black peppercorns and the almond milk. Mix all the ingredients very well to blend all the flavours together. Form the meatballs according to your preferred size and set aside.

Heat a large sauté pan over medium-high heat and add the olive oil. Put the meatballs into the pan and cook until all the sides are well browned. Place the cooked meatballs on a plate with paper napkins to help drain the excess oils and then set the meatballs aside.

Drain most of the oil from the sauté pan and return it over medium-high heat. Add the onions and sauté for 2 minutes or until soft, and then add the balsamic vinegar to deglaze the pan. Scrape off the bottom and sides of the pan to get most of the flavours and then add the pomegranate syrup. Cook the mixture until the liquid is reduced to half and has become thick. Add the crushed tomatoes, brown sugar, ground ancho chilli, paprika, ground cinnamon and cardamom, and then season with crushed peppercorns to taste. Bring the sauce to a boil and place the cooked meatballs into the pan. Lower the heat to a simmer and partially cover the pan, and then let it cook for 40 minutes, stirring occasionally.

Before the meatball stew is done cooking, prepare the cauliflower-apricot sides.

Heat a medium sized sauté pan over medium-high heat and add the olive oil. Put the onions in the pan and sauté until soft, for about 2 minutes, and then add the cauliflower and the apricots. Stir the mixture and add the chicken stock. Bring the stock to a boil and lower the heat to a simmer and let it cook for 5 to 8 minutes. Season the cauliflower mixture with pepper to taste and then turn off the heat. Sprinkle the chopped parsley on top and mix well.

Serve the meatballs with the pomegranate sauce on a plate with a bed of about ¼ cup rocket leaves and the cauliflower-apricot mixture on the sides.

serves

4

# Braised Lamb Shank With Blackberry Sauce

## Ingredients

For the spice rub	2,2 pounds (1 kilo) whole lamb shank, trimmed
½ teaspoon ground blackpepper	olive oil
½ teaspoon ground oregano	2 small shallots, minced
½ teaspoon ground chipotle	6 cloves garlic, minced
½ teaspoon ground fennel seeds	1 large carrot, diced
½ teaspoon ground coriander	1 celery stalk, chopped
½ teaspoon ground thyme	4 cups chicken stock
½ teaspoon ground marjoram	1 cup fresh mint leaves, chopped
½ teaspoon ground celery seed	1 bay leaf
½ teaspoon ground dried mint	5 whole cloves
	1 star anise
	¼ teaspoon whole black peppercorns
	5 cardamom pods, slit opened
	2 cups blackberries, pitted and pureed

## Instructions

Prepare the spice rub. In a small bowl, combine the ground pepper, oregano, chipotle, fennel, coriander, thyme, marjoram, celery seeds and the dried mint. Rub the mixture all over the lamb shank and set aside.

Preheat a fan-forced oven to 190° degrees Celsius / 375° degrees Fahrenheit.

Put a braising pan over medium-high heat and add the olive oil. Sear the lamb shank in the pan and let it cook until all sides are well browned and then set the shank aside. Put the shallots and garlic into the pot and sauté for about 2 minutes or until the shallots are soft. Add the carrots, celery and cook for another 8 minutes. Add 1 cup of chicken stock first to deglaze the pan and scrape off the sides and bottom to get all the flavours. Then add the rest of the stock and bring it to a boil, add the browned lamb shanks into the pan and then lower the heat to a simmer. Add the mint leaves, bay leaf, cloves, star anise, peppercorns and the cardamom. Let it cook for 5 minutes and then carefully transfer the contents of the pan on to a baking dish. Cover the dish with aluminium foil and place it in the oven. Let it bake for about 2½ hours or until the meat is tender but not falling off the bone, turning the meat at least 2 times during baking.

Remove sauce from the baking dish and transfer the sauce into a sauce pot. Cover the baking dish with aluminium foil and keep it warm inside the oven in very low heat. Bring the sauce to a boil over medium-high heat and add the pureed blackberries. Let it boil for about 2 minutes, skimming the surface of the sauce to remove excess fat. Cook the sauce until thick.

Serve the lamb shanks hot with the sauce, while hot.

serves

4

# Glazed Roasted Lamb Shanks With Chili Tomato Reduction

## Ingredients

2 tablespoons olive oil	For the glaze
4 pieces of ½ pound (about 200 grams) lamb shanks	2 cups water
1 large onion, chopped	6 dried ancho chillis, stemmed, seeded and chopped
2 cloves garlic, minced	1 cup honey
2 dried ancho chillis, stemmed, seeded and chopped	1 teaspoon orange zest, grated
2 cups chicken broth	2 tablespoons fresh cilantro, chopped
4 cups tomato puree	
1 teaspoon ground cumin	
1 bay leaf	
¼ teaspoon ground black pepper	

## Instructions

Preheat a fan-forced oven to 175° degrees Celsius / 350° degrees Fahrenheit.

Heat oil in a medium sized sauté pan over medium-high heat and sear the lamb shanks on all the sides until lightly browned, and then set aside. In the same pan, sauté the onions and garlic for 2 to 3 minutes, or until soft, and then add the 2 ancho chillis, tomato puree and the chicken stock. Add the cumin and bay leaf, and then season the stock with pepper to taste. Bring the stock to a boil, and then return shanks to the pan. Let it simmer for about 3 minutes, then transfer all the contents of the pan into a baking dish. Cover the dish with aluminium foil and bake in the oven for 2 to 2½ hours or until the meat is tender or just ready to fall off the bone.

While the lamb shanks are baking, prepare the glaze. Put the water in a medium sized sauce pot, and bring it to a boil over high heat. Turn the off the heat and then put the ancho chilies into the pot, and let it soak for 10 minutes. In a food processor, combine chillies, ½ cup of the steeping water, honey and orange zest, and then process until smooth and set aside.

When the shanks are done, remove them from the baking dish, and then place them into an oiled roasting pan. Increase oven temperature to 200° degrees Celsius / 400° degrees Fahrenheit. Spread glaze over shanks and return to oven and let it bake for 6 to 10 minutes, or until a light crust forms.

Put the remaining sauce from the baking dish into a small sauce pot and reduce the sauce until thick.

Serve the glazed lamb shanks on large plates with the reduced sauce as base and garnish the chopped cilantro on top.

serves

4



# Grilled Lamb With Coconut Sugar Glaze

## Ingredients

¼ cup coconut sugar  
2 teaspoons ground ginger  
2 teaspoons dried tarragon  
1 teaspoon ground cinnamon  
1 teaspoon ground black pepper  
1 teaspoon garlic powder  
4 pieces ½ pound (about 200 grams) lamb chops  
2 tablespoons olive oil

## Instructions

In a medium sized bowl, combine the coconut sugar, ginger, tarragon, cinnamon, pepper and garlic powder. Rub lamb chops with the mixture and place them on a plate and then cover the plate with clear plastic wrap let it marinate in the chiller for 1 hour.

Preheat the grill on high heat.

Drizzle the lamb chops lightly with olive oil and arrange lamb chops on grill. Cook the chops for 5 minutes on each side, or according to your preferred doneness.

Serve while hot together with your favourite Paleo gravy or barbecue sauce.

serves

4

# Herb-Braised Lamb Shanks

## Ingredients

½ teaspoon black peppercorns, crushed	2 bay leaves
4 pieces of ½ pound (about 200 grams) sliced lamb shanks	2 tablespoons parsley leaves, chopped
2 tablespoons olive oil	1 tablespoon fresh rosemary leaves, minced
1½ cups onions, chopped	2 sprigs of fresh thyme
¾ cup carrots, chopped	1 teaspoon black peppercorns, crushed
¾ cup celery, chopped	4 sprigs of rosemary for garnish
2 tablespoons garlic, minced	
4 cups beef broth	
1 cup tomatoes, peeled, seeded and chopped	

## Instructions

In a medium sized bowl, season the lamb shanks with crushed peppercorns and set aside.

Heat the olive oil in a medium sized Dutch oven over medium-high heat. Then add the lamb shanks into the pot and sear the shanks until well-browned on all sides, for about 6 to 8 minutes. Remove the shanks from the pot and set aside. Add the onions, carrots, and celery to the pot, and cook, stirring regularly, until soft and caramelized around the edges, for about 4 to 6 minutes. Then add the garlic and cook, stirring, for 1 minute.

Add 1 cup of beef stock first to deglaze the pot and scrape the sides and bottom of the pan to get all the flavours to combine. Bring the stock to a boil and add the tomatoes and bay leaves. Let it cook, for 1 minute stirring regularly, and then add the chopped parsley, rosemary and thyme, and then add the rest of the beef broth and add the lamb shanks into the pot. Bring the stock to a boil, and then reduce the heat to a simmer, and season with crushed peppercorns. Cover the pan, and let it cook in simmering heat for about 1½ to 2 hours, or until the meat is tender and falling from the bone, turning the meat occasionally.

Serve while hot, garnished with a sprig of rosemary per serving.

serves

4

# Pepper Crusted Lamb Loin Steaks With Root Vegetable Mash

## Ingredients

2 pieces of ½ pound  
(about 200 grams) lamb loin steaks  
2 tablespoons black peppercorns, crushed  
2 tablespoons olive oil

### For the gravy

1 tablespoon olive oil  
2 stalks of celery, diced  
2 large carrots, diced  
½ large onion, diced

1 stalk of leek, rinsed thoroughly  
and sliced  
2 cloves garlic, minced  
2 tablespoons almond flour  
1 tablespoon tomato paste  
3 cups beef stock  
2 teaspoons thyme  
2 bay leaves  
1 teaspoon black peppercorns, crushed

### For the root vegetable mash

2 tablespoons coconut oil  
2 large carrots, diced  
2 medium-large sweet potatoes, diced  
2 medium sized parsnips, diced  
¼ cup almond milk  
1 teaspoon black peppercorns, crushed

## Instructions

Preheat a fan-forced oven to low heat.

Using paper towels pat the lamb steak dry and then cover all sides of the steaks with crushed peppercorns then set aside.

Heat the 2 tablespoons of coconut oil in a medium sized saucepan over medium-high heat. Add the carrots, sweet potatoes, and parsnips and cook until lightly browned. Cover the vegetables with about 2 inches of water and bring it to a boil, and then reduce the heat to a simmer and let the vegetables cook until tender, for about 20 minutes. Drain the vegetables from the liquid and place them in a food processor. Then add the almond milk and the crushed peppercorns and then process until the vegetables are mashed up and creamy. Transfer the mash into a baking pan and cover it with aluminium foil. Place the baking pan in the oven to keep it warm.

In a medium sized sauce pan, heat the oil over medium-high heat. Add the celery, carrots and onions then let it cook until browned on all sides. Then add the leeks and garlic, let it cook for about 2 minutes then add the almond flour. Cook until the flour has browned then add the tomato paste and cook for 2 more minutes. Add 1 cup of beef stock first to deglaze the pan and scrape the sides and bottom of the pan to get all the flavours to combine. Bring the stock to a boil and add the thyme, bay leaves and crushed peppercorns. Let it cook, for 1 minute stirring regularly, and then add the last of the beef stock. Let the stock boil for 1 minute and skim the surface to remove oils and scum. Bring the heat down to a simmer and let it cook until the stock is reduced to about ½ of the amount of stock or until thick, for about 30 minutes. Strain the gravy and discard or set aside the vegetables for future use. Keep the gravy warm in a sauce pan until needed.

While the gravy is cooking, preheat a sauté pan in medium-high heat and add the oil. Sear the lamb loin steaks until a crust forms on both sides, for about 5 to 7 minutes on each side or to your preferred doneness. Transfer the steaks in a baking sheet and cover with aluminium foil. Place it in the oven to keep it warm while the gravy is getting done.

Serve the steaks hot with enough vegetable mash and warm gravy on the sides.

serves

2

# Herbed Roasted Lamb Shank

## Ingredients

2 pieces of ½ pound (about 200 grams) lamb shanks  
sea salt and pepper to taste  
¼ cup olive oil  
½ teaspoon fresh rosemary leaves, chopped  
½ teaspoon fresh thyme, chopped  
½ teaspoon fresh sage, chopped  
10 cloves of garlic, crushed

## Instructions

Preheat a fan-forced oven to 230° degrees Celsius / 450° degrees Fahrenheit.

Line a medium sized roasting pan with foil and lay the shanks in and then season the shanks with salt and pepper to taste and then drizzle it with olive oil. Put the pan in the oven and let it roast for 25-30 minutes, or until well browned.

After the shanks have browned, turn the oven heat down to 200° degrees Celsius / 400° degrees Fahrenheit and prepare 4 sheets of aluminium foil.

Place each shank on an aluminium foil. Sprinkle the crushed garlic all over the shank and place the herbs on and around the shank, and then wrap the shank in the foil. Wrap the shank again in another sheet of foil, without any holes. Put the shanks back in the oven and let it roast for 3 hours. Let the shanks rest once done roasting.

Serve the shanks hot, with sweet potato mash or your favourite Paleo sides with gravy.

serves

2

# Roasted Lamb And Vegetable Bites

## Ingredients

½ teaspoon fresh rosemary leaves, chopped  
½ teaspoon fresh thyme, chopped  
½ teaspoon fresh sage, chopped  
1 pound (about 200 grams) lamb loin, diced  
1 cup squash, diced  
1 cup sweet potatoes, diced  
1 tablespoon olive oil  
2 large Portobello mushrooms, diced

## Instructions

Preheat a fan-forced oven to 200° degrees Celsius / 400° degrees Fahrenheit.

In a small bowl, combine the fresh rosemary, thyme and sage and then set aside.

In a medium sized bowl, combine the lamb, squash and sweet potatoes, and olive oil. Mix them well and then place the mixture in a baking dish. Place it in the oven and bake about 5 minutes. Sprinkle the mixed herbs over the dish and return the dish into the oven and let it bake for another 20 minutes, stirring occasionally. Then add the mushrooms and let it bake further until slightly browned, for about 10 to 20 minutes.

Serve immediately.

serves

2

# Slow Cooked Lamb With Sweet Potato Mash

## Ingredients

6 slices of ½ pound (about 200 grams) lamb necks

1 large onion, diced

4 cloves garlic, crushed

1 cup carrots, diced

½ cup celery, diced

1 tablespoon coconut palm sugar

2 tablespoons coconut aminos

1 teaspoon ground black pepper

1 bayleaf

1 litre beef stock

For the sweet potato mash

2poundssweetpotatoes,washedthoroughly,endscutoff

1 teaspoon paprika

¼ teaspoon cinnamon

¼ teaspoon ground white pepper

½ cup almond milk

## Instructions

Place the lamb necks, onions, garlic, carrots, celery, coconut sugar, coconut aminos, crushed peppercorns, bayleaf and beef stock into a slow cooker and leave it to cook for 8 hours, until the meat is tender and falling off the bones, checking the sauce from time to time, adding a few more beef stock if needed.

Before the lamb is done cooking, prepare the sweet potato mash. Put the sweet potatoes in a large sauce pot and cover it with water. Cook over high heat until the water boils, then lower the heat to a simmer and let it cook for 15 to 20 minutes or until the sweet potatoes are fork tender. Remove the sweet potatoes from the water and transfer to a medium sized bowl. Mash the sweet potato together with its skin and season with paprika, cinnamon and ground white pepper, and then add the almond milk. Mix it well until it forms a smooth paste and set aside.

After slow cooking, remove the meat for the sauce, transfer the sauce into a sauce pot and cook it over high heat until thick, stirring regularly.

Serve the meat with the sauce together with sweet the potato mash.

serves  
4 to 6

# Portobello Lamb Burgers

## Ingredients

4 large Portobello mushrooms	½ teaspoon ground cumin
1 tablespoon balsamic vinegar	1 teaspoon ground black pepper
1 pound (450 grams) ground lamb	1 large egg, beaten
½ cup almond flour	¼ cup olive oil
1 large onion, finely minced	4 slices of salad tomato
2 cloves garlic, finely minced	2 cups rocket
1 teaspoon fresh parsley, minced	1 teaspoon pine nuts
1 teaspoon ground fennel seeds	1 tablespoon olive oil

## Instructions

In a small bowl, marinate the Portobello mushrooms in balsamic vinegar and set aside.

Preheat a griddle pan over high heat.

In a medium sized bowl, combine the ground lamb with the almond flour, onions, garlic and parsley and season with the ground fennel seeds, cumin and pepper. Then add the beaten egg and mix well to combine all the flavours together. Form the farce into 4 patties.

Brush the griddle pan with olive oil and cook the patties until browned on all sides, about 8 to 10 minutes per side. Set aside to let the cooked patties rest.

On the same pan, cook the Portobello mushroom until well seared. Put the cooked mushrooms on a plate and begin to assemble the burgers. Put a patty on top of each mushroom and top each with a slice of salad tomato.

Then in a small bowl, toss the rocket together with the pine nuts and olive oil and set on individual plates.

Place the burgers on each plate and serve.

serves

4

# Pan Grilled Hanger Steak With Garlic Gravy, Grilled Cucumber and Leek Salad

## Ingredients

For the garlic gravy  
2 tablespoons olive oil  
2 medium sized shallots, thinly sliced  
15 cloves garlic, crushed  
2 cups beef stock  
1 cup verjuice  
½ lemon, juiced  
½ teaspoon ground black pepper

4 pieces 0,4 pound (180 grams) hanger steaks  
1 teaspoon black peppercorns, crushed  
½ teaspoon paprika  
½ teaspoon ground anise seeds  
1 tablespoon olive oil  
For the grilled cucumber and leek salad  
1 tablespoon olive oil  
4 small leeks, tender ends only, washed and halved lengthwise  
4 small cucumbers, halved lengthwise  
1 large tomato, sliced thinly and seeds removed

## Instructions

For the garlic gravy, heat the olive oil in a small saucepan over medium heat. Sauté the shallots and cook until tender for about 5 to 7 minutes, then add the garlic and cook until golden for about 3 to 4 minutes, stirring occasionally. Add the beef stock and verjuice and bring it to a boil then reduce the heat to a simmer. Let it cook until the garlic is tender, for about 12 to 15 minutes. Transfer the pan's contents into a blender then blend until smooth. Return the gravy to the pan and season with pepper to taste then add lemon juice. Keep the gravy warm until serving.

Preheat a griddle pan over high heat.

In a small bowl, season the steaks with crushed peppercorns, paprika and ground anise seeds, then cover the bowl and let it marinate for at least 1 hour in the chiller. Drizzle the steaks with olive oil and season and grill for 4 to 5 minutes on each side or to your preferred doneness and let it rest for 5 to 10 minutes.

In a small bowl, drizzle the cucumber and leeks with olive oil. Grill the cucumber and leeks for about 2 minutes each or until golden, then cut into thick diagonal slices. Toss the grilled cucumber and leeks in another bowl together with the thinly sliced tomatoes and portion into plates.

Serve the steak with the grilled cucumber and leek salad and the garlic gravy on the side.

serves

4