

**Post work
pick-up**

Knock up a treat after
a day at the office.

**Spice up
your Sunday**

Put some heat in your
meat this weekend.

**Lunch for
the lads**

Impress the boys
at half time.

AUTUMN/WINTER
RECIPES

Put some quality
time on the menu
with Welsh Lamb



It's all about quality time



It's all about quality time

Welsh Lamb has taken an age to perfect. The landscape on which it's produced has been moulded over millions of years. It's been reared by farmers using techniques that have been handed down over the generations. Our lambs spend their entire lives in Wales, eating only the sweetest grasses and drinking the purest water. It's an age old recipe that's won us PGI status.

Make meal time quality time with fantastic Welsh Lamb.

Welsh Lamb may have taken an age to perfect, but thanks to its wonderful tenderness and sweet taste, it can be cooked in minutes and devoured in seconds. With so many delicious recipes below, you will be spoilt for choice choosing one.

Perfect pumpkin pies



Lamb shoulder and pumpkin pie with pine nuts and sultanas

Get fruity in the kitchen



Whole leg of lamb with rosemary and pears in pear cider

Post work pick-up



Lamb cutlets in a black pepper crust with mint and spinach salsa

Spice up your Sunday



Curried shoulder in a garlic, ginger and garam masala sauce

Lunch for the lads



Winter burger with garlic, cheese, flat bread and hot coleslaw

Roll out a Surprise



Lamb roly poly with onions, garlic and red currant jelly

To find out more about PGI, or for more news, recipes and information, visit eatwelshlamb.com





Lamb Shoulder and pumpkin pie

with pine nuts and sultanas

🕒 - 1 hour

👤 - 4-6

Ingredients

- 450g (1lb) cubed Welsh lamb shoulder
- 1 onion, roughly chopped
- 5ml (1tsp) ground cumin
- ½ small pumpkin or butternut squash, peeled and cubed (about 450g/1lb prepared weight)
- 300ml (½pt) lamb stock
- 15ml (1tbsp) oil
- 25g (1oz) sultanas
- 25g (1oz) pine nuts
- Seasoning
- 2 sprigs fresh rosemary
- 500g premade all butter puff pastry
- 1 egg and splash milk mixed together for glazing

How to cook

Heat oil in a large pan, add onion and brown slightly. Add the cubed lamb and brown well. Add the cumin and stir well. Then add the pumpkin or squash, stock, sultanas, pine nuts and season well. Add one sprig of rosemary, put lid on pan and allow to gently simmer for about 30 minutes.

Remove from heat and ladle into a 'family' sized pie dish or four individual pie dishes. Reserve a little juice if quite a lot and save this for additional gravy.

Remove the packaging from the pastry and press into it (with your clean fingers!) small pieces from a sprig of rosemary.

Take a rolling pin and roll out the pastry to fit the pie dish (pressing in the rosemary if it falls out). Place pastry onto dish, brush with egg and milk glaze, and place in preheated oven at Gas 6, 200°C, 400°F oven for about 25 minutes until the pastry is risen and golden brown.

Serve with a heap of seasonal green vegetables.

Whole leg of lamb

with rosemary and pears in pear cider

🕒 - 2-3 hrs

👤 - 4-6



Ingredients

- 1 approx 2kg leg Welsh lamb
- 4 medium potatoes, peeled and sliced
- 1 large onion, sliced
- 1 large sprig fresh rosemary, chopped
- Salt and black pepper
- 2 pears, sliced
- 300ml (½pt) pear cider
- 150ml (¼pt) lamb stock

Cooking time

Medium

25 minutes per 450g / 0.5kg (1lb) plus 25 minutes

Well done

30 minutes per 450g / 0.5kg (1lb) plus 30 minutes

How to cook

Preheat oven to Gas 4, 180°C, 350°F.

Place in a bowl the potato slices, onion, rosemary and seasoning, toss together. Place in the bottom of a large roasting pan or dish (& large enough to take the whole leg). Add the slices of pear and slot between the potatoes.

Weigh the joint and calculate the cooking time as above. Place the joint on top of the potatoes, pour over the cider and pour stock into dish.

Cover with foil and cook for half the cooking time covered and then remove the foil for the remaining time.

Serve with steamed seasonal vegetables.

Lamb cutlets in a black pepper crust

with mint and spinach salsa

🕒 - 15 mins

👤 - 2



Ingredients

- 4-6 lean Welsh lamb cutlets
- 100g (4oz) fresh breadcrumbs
- 30ml (2tbsp) flour
- 1 egg
- 10ml (2tsp) coarsely ground black pepper
- 15ml (1tbsp) oil

Salsa:

- 1 large handful baby spinach leaves, roughly chopped
- 30ml (2tbsp) toasted pine nuts
- 30ml (2tbsp) fresh mint
- 15ml (1tbsp) extra virgin olive oil
- 15ml (1tbsp) mint jelly

How to cook

Preheat oven to Gas 5, 190°C, 375°F and place a baking tray in the oven to preheat.

Place breadcrumbs and black pepper in a shallow bowl and combine together. Place flour in a shallow dish and the lightly beaten egg in another. Dip the cutlets firstly into flour, then the egg, followed by the crumbs. Double crumb if you wish.

Heat oil in a large non-stick frying pan and brown cutlets until golden on both sides.

Place cutlets on the preheated tray and cook for 10 minutes until meat is tender and cooked through.

Salsa: Combine together the spinach, pine nuts and fresh mint. Mix together the oil and mint jelly and spoon over the spinach mix, toss well together and allow to stand before serving.

Serve cutlets with salsa and mashed pumpkin or squash.

Curried lamb shoulder

in a garlic, ginger and garam masala sauce

🕒 - 2 hours
👤 - 4-6



Ingredients

- Approx 2.5kg shoulder Welsh lamb
- 15ml (1tbsp) oil
- 1 onion, roughly chopped
- 2 cloves garlic, chopped
- 1" (2.5cm) piece root ginger, peeled and chopped
- 30ml (2tbsp) garam masala or medium curry powder
- 5ml (1tsp) chilli powder
- 400g (approx) can of chopped tomatoes
- 400g (approx) can of chick peas
- 300ml (½pt) lamb stock
- 2 large potatoes, washed and cut into large cubes
- 2 large handfuls spinach

How to cook

Preheat oven to Gas 4, 180°C, 350°F.

Heat a large roasting pan on the hob and add oil, onion, garlic and ginger. Add the shoulder of lamb and brown well.

Add the spices and coat meat in them well.
Add the tomatoes, chick peas, stock and potatoes. Bring to the boil, cover with foil and place in a preheated oven.

Cook for about 2 hours until the meat falls off the bone. Add the spinach in the last 10 minutes of cooking and allow to just wilt slightly.

Serve in chunks with Indian breads or steamed rice.

Winter lamb burger

with garlic, cheese, flat bread and hot coleslaw

🕒 - 15 mins
👤 - 4



Ingredients

- 450g (1lb) lean Welsh lamb mince
- 15ml (1tbsp) oil
- 2 cloves garlic, crushed
- 1 red onion, quartered and thinly sliced
- Seasoning
- 50g (2oz) hard cheese, eg, Cheddar, cut into small 1cm cubes

Coleslaw:

- 15ml (1tbsp) oil
- ¼ red cabbage, shredded
- 1 red apple, cored and thinly sliced
- 4 spring onions, sliced
- Pinch dried cinnamon
- 10ml (2tsp) English mustard
- 45ml (3tbsp) mayonnaise

How to cook

Heat oil in a small pan, add the garlic and onion, and cook until starting to soften. Allow to cool slightly. Into a large bowl put the lamb mince, seasoning, cheese, onion and garlic. Mix together thoroughly.

Divide the mixture into four and shape into burgers – any cheese cubes showing, just push into the mince. Place under a preheated grill and cook for about 12 minutes until golden and cooked through.

Coleslaw: Heat oil in a pan and lightly stir-fry cabbage, apple and spring onions for 2-3 minutes. Remove from the heat and place in serving dish. Mix together in a small bowl the cinnamon, mustard and mayonnaise.

Serve burgers with toasted flat breads or pittas and hot coleslaw topped with a dollop of mayo.

Lamb roly poly

with onions, garlic and redcurrant jelly

🕒 - 40 mins

👤 - 4-6



Ingredients

- 450g (1lb) lean Welsh lamb mince
- 1 onion, roughly chopped
- 2 cloves garlic, crushed
- 45ml (3tbsp) redcurrant jelly
- 3 sprigs fresh thyme
- 300g (10oz) self raising flour
- 100g (4oz) suet
- Seasoning

How to cook

Preheat oven to Gas 5, 190°C, 375°F.

Place lamb mince, onion and garlic in a cold pan, turn on heat and dry fry the mince until browned. Add the redcurrant jelly and thyme sprigs, and cook off the excess moisture. Remove from the heat, drain and season (save the strained juices to add to your gravy). Allow to cool slightly.

Suet Pastry: Into a bowl place the flour, suet and a little salt. Add sufficient cold water to combine together and create a slightly sticky dough. Roll out on a floured surface to a thickness of about 1cm (approx rectangle of 28 x 20cm).

Spoon onto the pastry the meat mixture and spread out evenly. Roll up from the longest side like a 'Swiss roll'. Place the 'roll' onto a lined baking sheet and bake in preheated oven for about 30 minutes until the pastry is crisp and golden.

Serve in thick slices with lamb gravy and seasonal vegetables or your favourite relish and salad.