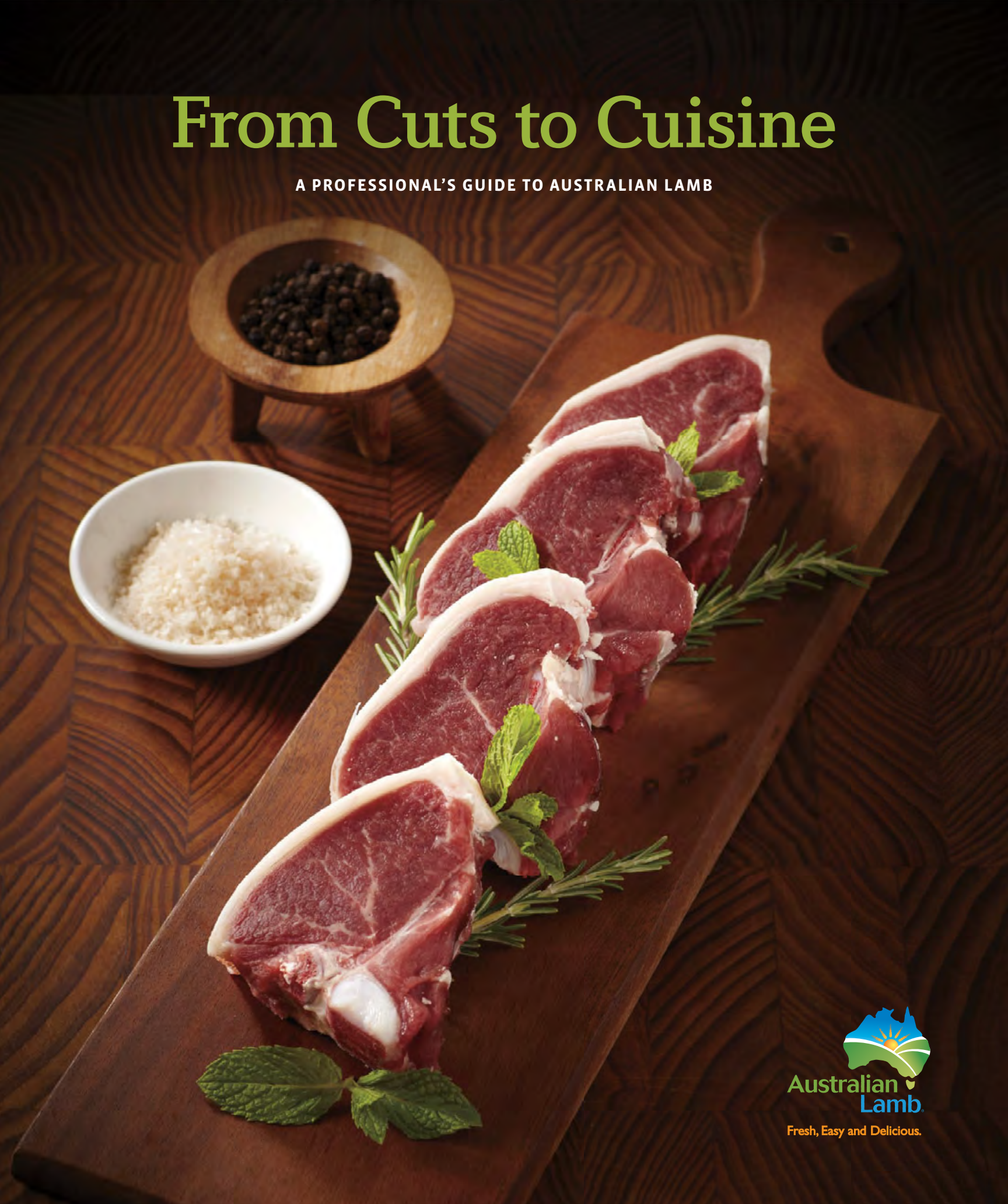
From Cuts to Cuisine

A PROFESSIONAL'S GUIDE TO AUSTRALIAN LAMB



Australian Lamb

Fresh, Easy and Delicious.

As lamb's popularity continues to grow throughout North America, retail meat buyers, meat managers, butchers, restaurateurs and chefs are increasingly being asked to look beyond the rack and chop to more innovative cuts and variations. You'll find your inspiration here, along with recipes and other vital information that can help you add more value to your bottom line with Australian Lamb. For more recipes and creative ideas on meeting your customers' needs, visit us online at www.australian-meat.com

Australian Lamb is available to North American food and retail service professionals in a variety of product lines and cuts—all prepared to strict specifications and packed in accordance to stringent quality-assurance standards. The overall goal: to provide a consistently high-quality lamb product that meets both your requirements and those of your customers. You'll find Australian Lamb marketed in the United States, Mexico and Canada under numerous individual company brands that are discernible to retailers, chefs and consumers.

Pasture-Raised and No Added Hormones

Australian Lamb is a product of its pure, clean environment. Lambs graze on lush pastures and feed on clover, rye and other grasses. They receive only the best natural supplementary feed, such as lupins and oats, which enables a year-round supply of consistent quality lamb. You won't find added hormones or artificial additives in Australian Lamb. Just the natural, free-range goodness your customers demand.

A Legacy of Purity and Integrity

Today's Australian Lamb industry has been over 200 years in the making. Foundations laid many years ago have helped our industry evolve into a dynamic and progressive entity. The combined integrity of our ranchers and packers—along with the advantages of an unspoiled environment—has underpinned Australia's reputation for producing some of the highest quality lamb in the world.

Genetically and Environmentally Superior

Australian Lamb ranchers are world renowned for their animal husbandry and ranch management techniques. The Australian livestock industry takes pride in its genetics and is at the forefront of technological advancements in livestock production efficiency. Australian farmers are also highly progressive in the areas of ranch and pasture improvement, water management and sustainability.

Impeccable Standards Throughout Processing

The Australian meat-processing sector is a world leader in traceability, processing and fabrication. Every cut of lamb you purchase can be traced back to its origin to ensure safety and quality for your customers. Because of our unique, isolated location and unusually high production standards, Australia is naturally free from safety issues others might face. And our packing plants employ the latest technologies to ensure continued improvement in production efficiency without sacrificing quality or meat safety.

An Experienced Exporter

Australia has exported meat for more than a century. Focused on meeting customer specifications, the Australian Lamb industry tailors production and packing to the needs of its customers in more than 120 countries worldwide. Better yet, we have perfected the packing and shipping processes, delivering a product that is naturally aged, has a long shelf life and tastes fresh from the pasture.

Safe and Wholesome

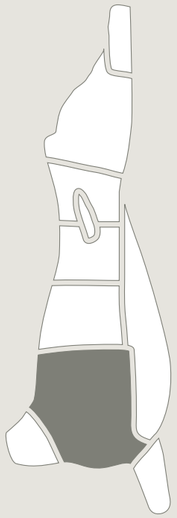
All Australian export meat-packing plants are regulated by the Australian Federal Government through the Australian Quarantine and Inspection Service (AQIS). AQIS is certified by the U.S. Department of Agriculture (USDA), the Canadian Food Inspection Agency (CFIA) and Secretaria de Agricultura, Ganaderia, Desarrollo Rural, Pesca y Alimentacion (SAGARPA) to inspect and regulate Australian export meat for the North American market.

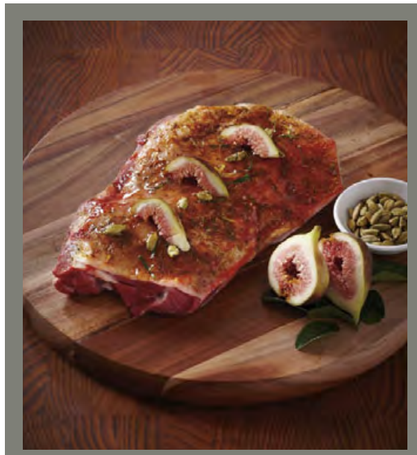
USDA, CFIA and SAGARPA ensure that AQIS carries out inspection services via on-plant Australian Federal Government inspectors. These inspectors ensure Australian plants maintain standards equivalent to United States, Canadian and Mexican domestic meat plants. In addition, USDA, CFIA and SAGARPA conduct regular audits of Australian meat plants and individually license plants to produce meat for the North American market.

The Flexibility Your Business Needs

Whether you require restaurant-ready or retail cuts ideally suited to your operation, we invite you to make Australian Lamb a prosperous part of your business. With help from this extensive product guide, you're certain to find new ideas, innovative cuts, recipes and other information to help you profit from the new interest your customers are showing in lamb.

BRAISING SHOULDER





Braising brings a wonderful aromatic depth to lamb and allows you to be creative with your seasoning.

STEP 1
Lamb shoulder ribeye removed

STEP 2
Remove meat from the top of the scapula bone

STEP 3
Remove scapula and shank bones

STEP 4
Cut around shank bone

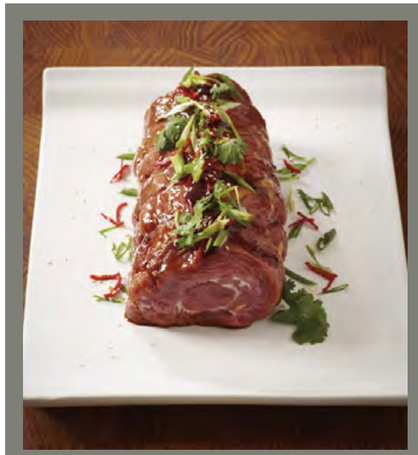
STEP 5
Remove shank bones

STEP 6
Remove scapula

STEP 7
Braising shoulder trimmed

Glazed Chai Tea Smoked Lamb Shoulder with Vegetable Spring Rolls

For recipe, see page 26



Slow cooking brings a richer, deeper flavor to economical cuts like this shoulder-cut ribeye.

STEP 1
Two square-cut shoulders

STEP 2
Remove rib cage and vertebrae

STEP 3
Remove plate meat and ribeye

STEP 4
Ribeyes with plate meat trimmed

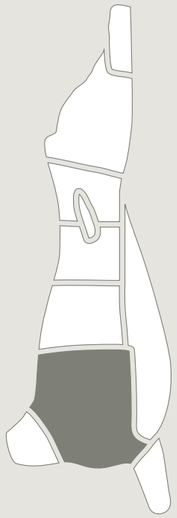
STEP 5
Apply protein powder to the inside of the ribeye

STEP 6
Lay one ribeye on top of the other

STEP 7
Roll ribeyes together

STEP 8
Tightly wrap in film and leave in cool room overnight

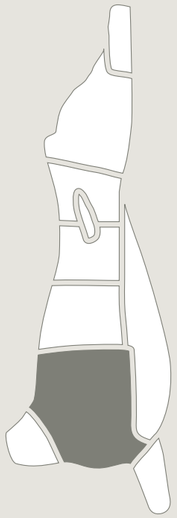
RIBEYE DOUBLE



Slow-Cooked Ribeye with Tomatillo Salsa and Frijoles with Warm Tortillas

For recipe, see page 26

RIBEYE SINGLE



A single ribeye is the perfect size for a delicious, melt-in-your-mouth, mini pot roast, any day of the week.

STEP 1

Ribeye and plate meat prepared and trimmed (See lamb ribeye double)

STEP 2

Cut 2/3 through neck for squaring

STEP 3

Fold neck back into plate meat

STEP 4

Neck is placed into plate meat

STEP 5

Roll ribeye

STEP 6

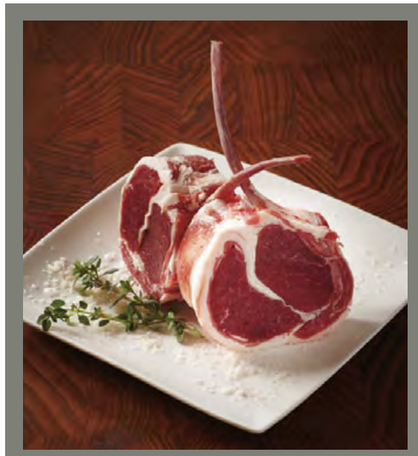
Truss ribeye

STEP 7

Finished product

Kasbah Lamb with Cauliflower Purée and Shaved Orange and Fennel Salad

For recipe, see page 26



Use this technique to turn a traditional rack into a tomahawk that will wow people.

STEP 1

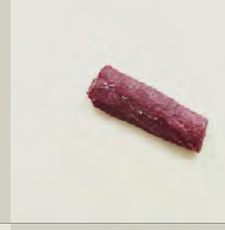
Whole loin separated at last rib

STEP 2

Cut along feather bones

STEP 3

Remove loin eye



STEP 4

Denuded loin eye

STEP 5

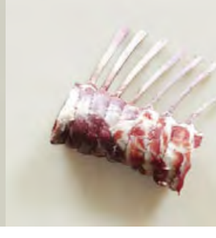
Bone meat from top of ribs to eye of loin

STEP 6

Place eye of loin onto back of rack using protein powder to bind

STEP 7

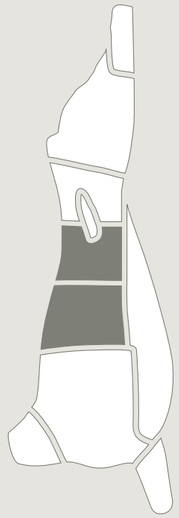
Fold tail back over eye to chine bone



STEP 8

Tie/truss between ribs

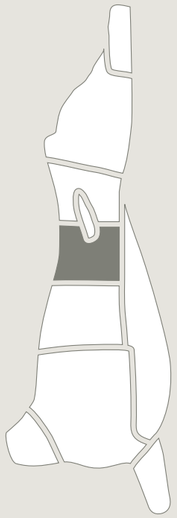
DOUBLE EYE RACK (TOMAHAWK)



Asian Barbecue Lamb Cutlets

For recipe, see page 28

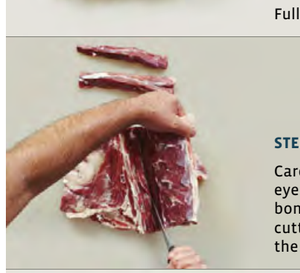
DOUBLE LOIN ROAST



Cut from the most tender, flavorful part of the lamb, a double loin roast is an efficient and delicious way to make an elegant roast.

STEP 1
Full middle loin

STEP 2
Two tenderloins removed



STEP 3
Carefully loosen eye of loin from bone and avoid cutting through the skin

STEP 4
Remove spine

STEP 5
Lay tenderloins at opposite ends inside the loin

STEP 6
Trim excess tail and roll loin

STEP 7
Hand tie or truss loin

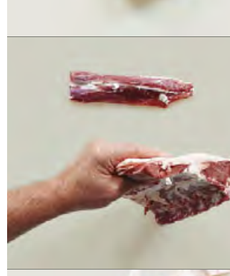
Roasted Loin of Lamb with Thick-Cut Fries and Wild Mushrooms

For recipe, see page 28

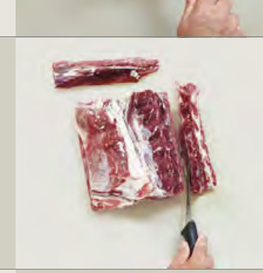
Considered the New York cut of lamb, this thick, rolled, classical French preparation makes beautiful, impressive medallions, whether grilled or broiled.

STEP 1
Lamb short loin

STEP 2
Remove excess fat from inside of loin



STEP 3
Remove tenderloin



STEP 4
Remove vertebrae

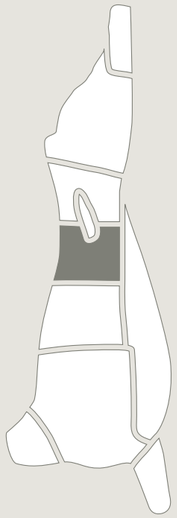
STEP 5
Remove excess fat

STEP 6
Season inside of loin along eye muscle

STEP 7
Roll then hand tie or truss

STEP 8
Slice between strings

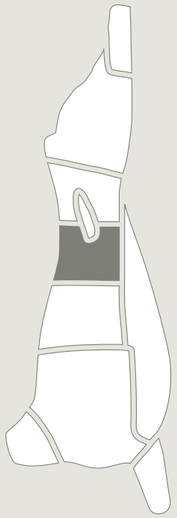
LOIN NOISETTE



Lamb Noisette with Cumin and Cauliflower Purée and Roasted Winter Vegetables

For recipe, see page 28

MEDALLION



Cut from the short loin, double lamb medallions make a beautiful presentation on any plate.

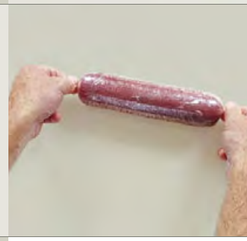
STEP 1
Two boneless eye loins denuded

STEP 2
Apply protein powder

STEP 3
Place eye loins together, with protein powder in the middle

STEP 4
Bind using protein powder

STEP 5
Tightly wrap in film to set overnight



STEP 6
Tightly wrapped in film

STEP 7
Leave in film to set overnight

Seared Lamb Medallions with Almond and Mint Pea Cream and Baby Vegetables

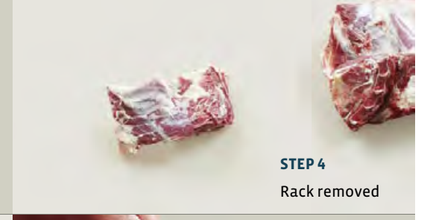
For recipe, see page 30

A trimmed rack not only makes a delicious, meaty roast, but it also makes a beautiful looking entrée.

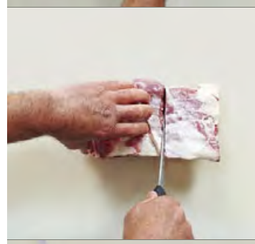
STEP 1
Square-cut shoulder

STEP 2
Mark first rib through vertebrae onto scapula

STEP 3
Peel rack back from shoulder



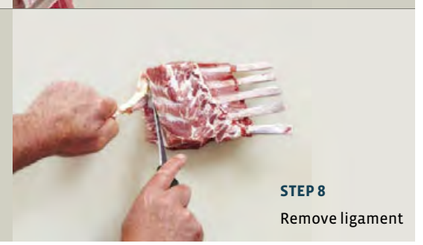
STEP 4
Rack removed



STEP 5
Cut parallel to top line and remove excess trim

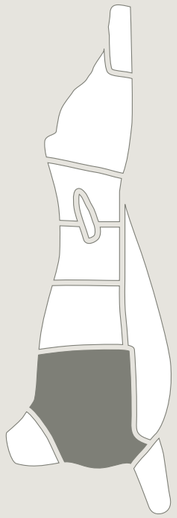
STEP 6
Remove intercostals

STEP 7
Remove excess ribs and chine bone



STEP 8
Remove ligament

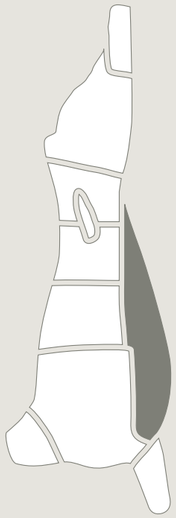
FOREQUARTER RACK

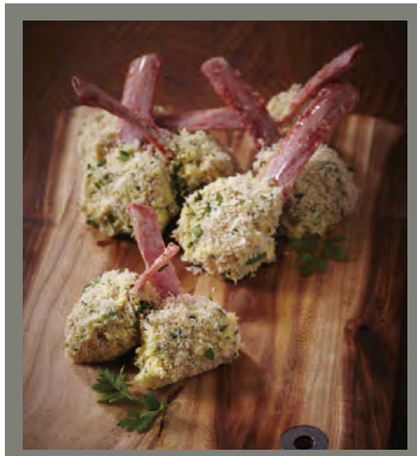


Slow-Roasted Za'atar Lamb with Potato Gratin and Pistachio Nut Paste

For recipe, see page 30

RIBLETS





Individually trimmed riblets are the perfect size for crowd-pleasing appetizers and small plates.

STEP 1
Lamb breast

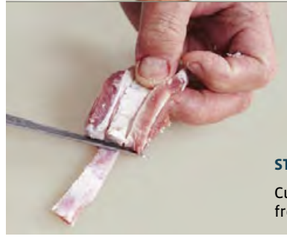
STEP 2
Remove excess fat, skirt and cartilage

STEP 3
Remove skin

STEP 4
Trimmed ribs

STEP 5
Cut between ribs

STEP 6
Trim excess fat from bone



STEP 7
Cut meat back from bone

STEP 8
Roll meat to base of rib

Crunchy Stuffed Lamb Riblets

For recipe, see page 30

This clever technique results in a meatier, more impressive presentation.

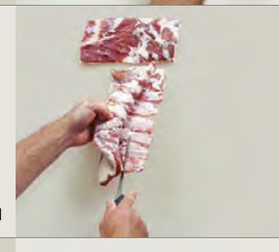
STEP 1
Remove skirt from inside of ribs

STEP 2
Peel skin/bark from back of ribs

STEP 3
Square cut breast from last rib

STEP 4
Cut parallel to top line through cartilage

STEP 5
Lamb breast bone in, trimmed

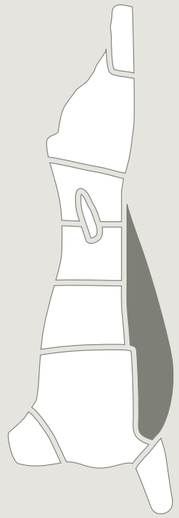


STEP 6
Fully bone second lamb breast

STEP 7
Apply protein powder to the top of the bone in rib

STEP 8
Apply boneless breast to bone in rib

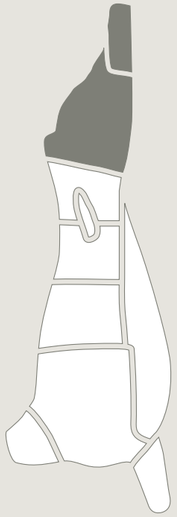
DOUBLE RIBS



Sticky Barbecue Ribs with Waldorf Salad

For recipe, see page 32

BUTTERFLIED LEG



Leg of lamb is great for summer grilling, and butterflying helps ensure even cooking.

STEP 1

Expose femur bone along the seam separating the round and inside

STEP 2

Follow the seam from the achilles tendon to the outside

STEP 3

Continue to follow the seam from the achilles tendon to the outside

STEP 4

Remove shank and femur bone

STEP 5

Peel inside back from the outside along the seam

STEP 6

Butterfly inside and lay back

STEP 7

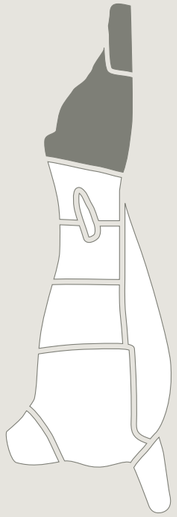
Butterfly round and lay back

Barbecue Sweet Smokey Butterflied Leg of Lamb

For recipe, see page 32

Creating a smaller and consumer-friendly leg cut, this preparation also adds value by selling the removed knuckle.

EASY CARVE LEG ROUND REMOVED



STEP 1

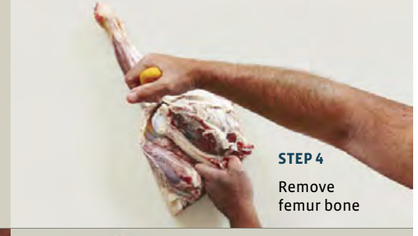
Remove pelvic bone

STEP 2

Remove lamb top sirloin

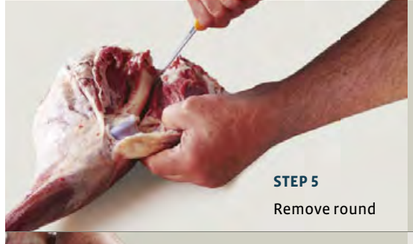
STEP 3

Separate inside and round



STEP 4

Remove femur bone



STEP 5

Remove round

STEP 6

Round removed

STEP 7

French shank

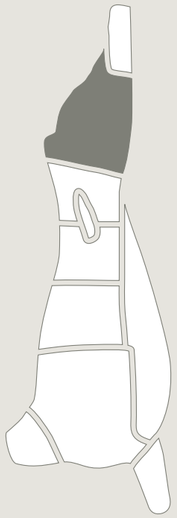
STEP 8

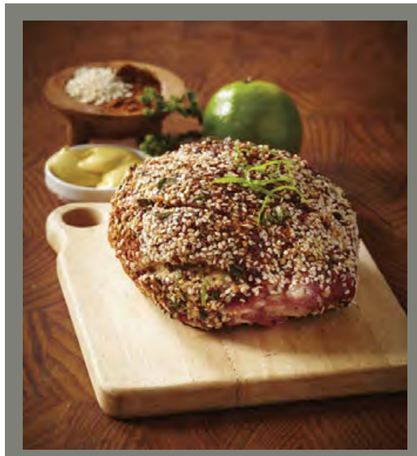
Hand tie or truss easy carve leg

Garlic and Rosemary Roast Lamb

For recipe, see page 32

ROUND ROAST





Lightly scoring your round roast helps distribute flavor throughout this petite-sized cut for two.

STEP 1
Lamb round cap removed (See easy carve leg round removed)

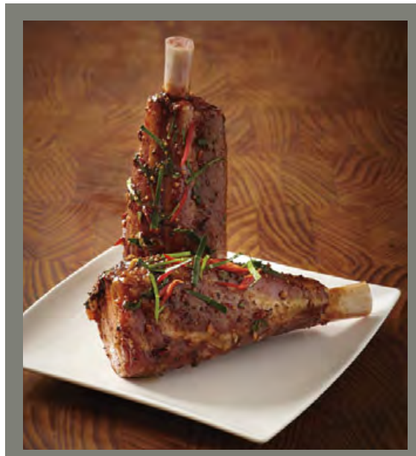
STEP 2
Remove patella bone

STEP 3
Lightly score

STEP 4
Finished product

Japanese Udon Lamb with Soy and Mushroom Broth

For recipe, see page 34

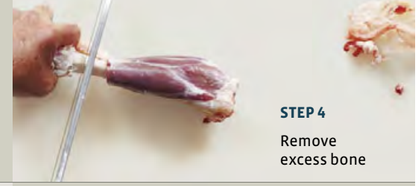


Shanks from the hind leg are best roasted or braised to render the flavor from the bone. Although long, slow cooking is a must, the dual rewards of unique flavor and elegant presentation make it worthwhile.

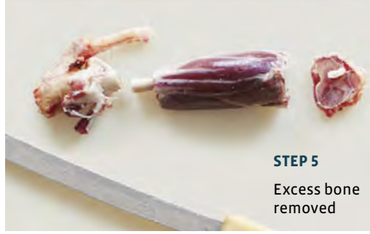
STEP 1
Hind shank

STEP 2
Peel skin from shank

STEP 3
Continue to peel skin from shank



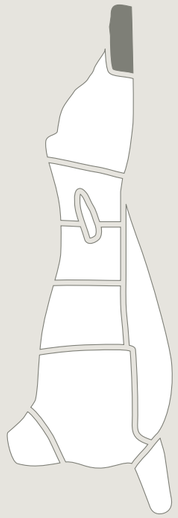
STEP 4
Remove excess bone



STEP 5
Excess bone removed

STEP 6
Hind shank frenched

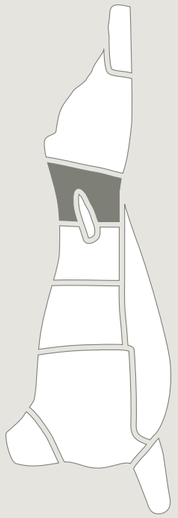
FRENCHED SHANK



Rogan Josh Lamb Shanks

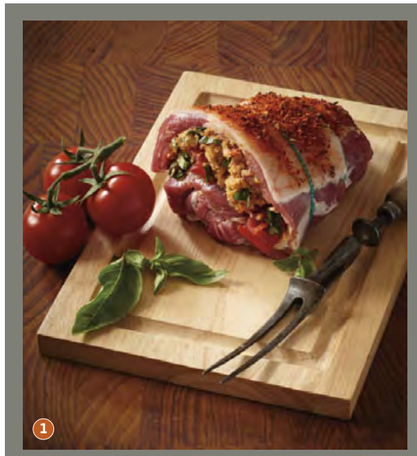
For recipe, see page 34

TOP SIRLOIN



Chermoula Marinated Lamb Top Sirloin with Vegetable Tagine

For recipe, see page 34



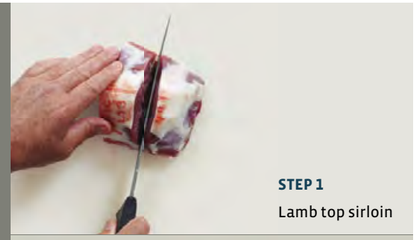
Shown here in three different presentations, lamb top sirloin is a versatile and attractive cut.

STEP 1
Top sirloin with stuffing

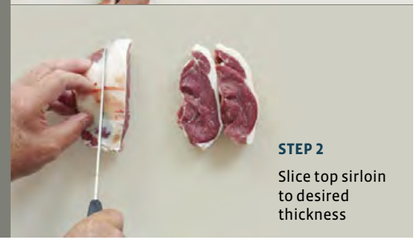
STEP 2
Place stuffing under sirloin cap

STEP 3
Truss top sirloin

STEP 4
Trussed top sirloin

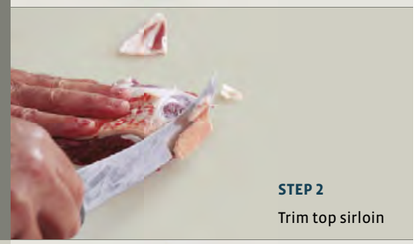


STEP 1
Lamb top sirloin

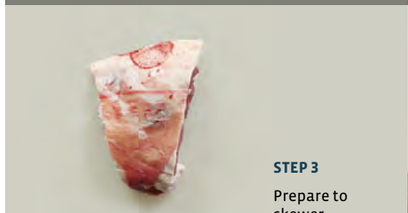


STEP 2
Slice top sirloin to desired thickness

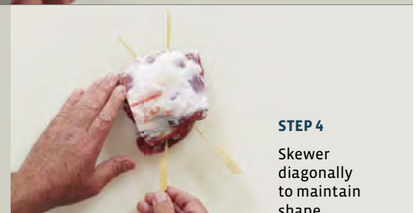
STEP 1
Top sirloin preparation



STEP 2
Trim top sirloin

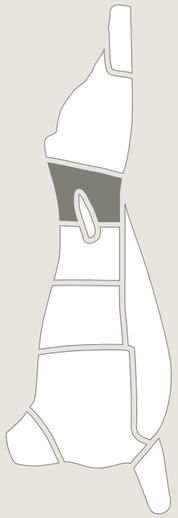


STEP 3
Prepare to skewer



STEP 4
Skewer diagonally to maintain shape

TOP SIRLOIN



Australian Lamb and the Environment

Australia's red meat producers are the primary custodians of large parts of the continent, and processing facilities operate across the nation. A central part of every farming business is protecting and improving the natural environment in which livestock are produced.

Sustainability is essential to Australian Lamb production from pasture to plate. Because we are dedicated to caring for our environment, measures are taken at each stage of production to increase efficiency, manage environmental impact and maintain natural resources.

Meat & Livestock Australia collaborates with livestock industries and governments, and invests in research and development to improve environmental performance. Our efforts produce technologies, practices and training that significantly:

- Manage emissions and water use
- Increase biodiversity
- Reduce waste
- Create energy efficiencies
- Implement environmentally sustainable land management practices

Find out more about the Australian Red Meat Industry and its commitment to the environment at www.redmeatgreenfacts.com.au

Australian Lamb and Animal Welfare

The Australian Red Meat Industry is strongly committed to excellent animal welfare practices. Together with the Red Meat Industry, MLA has implemented a range of programs and initiatives to ensure the well-being of livestock.

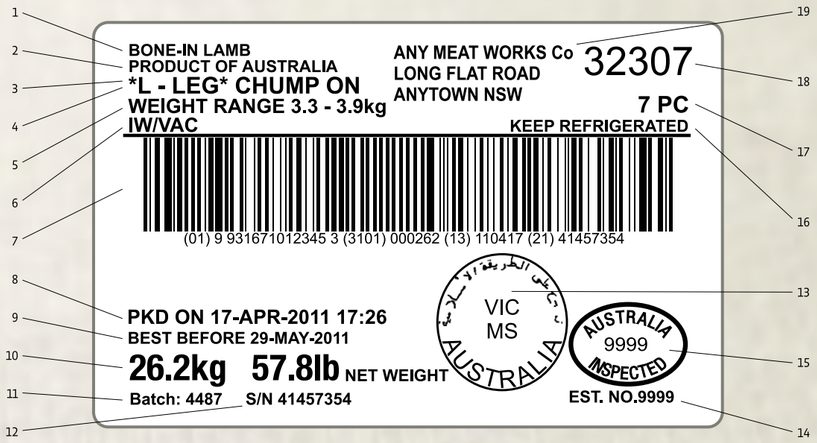
Australian red meat producers are aware of their responsibilities for their animals' welfare. The industry implements strict international, national and state regulations covering on-farm management, livestock handling, transport and product quality.

Australia has become an international leader in the development of industry welfare standards and guidelines. To further improve the well being of Australian sheep, MLA invests in research projects and provides tools and knowledge for Australian farmers. Australian animals are well cared for, ensuring the finest quality meat on your customer's plate.

Find out more about the Australian Red Meat Industry and its commitment to animal welfare at www.mla.com.au

Labeling Information

All cartons of Australian red meat are identified with labels with information about the product. Carton labels consist of mandatory information that is required under Australian government regulation and is consistent with the U.S. Department of Agriculture (USDA), the Canadian Food Inspection Agency (CFIA) and Secretaria de Agricultura, Ganaderia, Desarrollo Rural, Pesca y Alimentacion (SAGARPA) requirements for labeling of imported meat products. In addition to mandatory information, Australian packers may include optional information on the label, allowing for further description for trade purposes.



AS AN EXAMPLE, THE FOLLOWING ELEMENTS MAY BE AND CAN BE INCLUDED ON LABELS FOR ALL AUSTRALIAN RED MEAT CARTONS:

1. Generic statement: Bone in or boneless and identification of species
2. Country of Origin
3. Carcass Identification: Category code which identifies the carcass age and sex
4. Product Identification: Primal cut description as shown in the Handbook of Australian Meat
5. Primal Weight Range: Indicates that each primal cut in the carton is the minimum/maximum weight range as shown on the label
6. Packaging Type: AUS-MEAT packaging code
7. Bar code: Most developed and compliant with the GS1 (EAN.UCC) international meat industry guidelines
8. Packed on date: Day, month, year and time that the product was packed into the carton
9. Best Before date: End of the period for meat stored in accordance with any stated storage condition. Meat marked with best before date can continue to be sold after that date provided that the meat is not damaged, deteriorated or perished. Meat marked with use by date cannot be sold after that date
10. Net Weight: Meat content, less all the packing material, shown to two decimal places in kilograms and pounds
11. Batch Number: In-house company identification number for product tracing when required
12. Carton Serial Number: Individual identification number for carton
13. Halal Approved: Product has been ritually slaughtered and certified by an approved Islamic organization
14. Establishment Number: Plant-registered identification number
15. AI Stamp: Australia-government Inspected
16. Refrigeration Statement: "keep chilled/refrigerated" indicates that the product in the carton has been held in a controlled chilled condition from the time of packing
17. Number of Pieces: Number of primal cuts in the carton
18. Company Code: In-house identification code for product in the carton
19. Company Trading Name: Name of the packer of the product

The National Livestock Identification System Sheep Update

The National Livestock Identification System (NLIS) is Australia's system for the identification and tracing of sheep for biosecurity, food safety, product integrity and market access.

NLIS is based on a "whole life" visual or electronic tag on the sheep, which can utilize radio frequency technology and enable flock transactions to be recorded and transmitted electronically by the producer or processor. This information is transferred to a central database, allowing the tracing of sheep from point of origin to the point of slaughter to occur swiftly and efficiently – this is one attribute that distinguishes the NLIS from other traceability systems around the world.

Examples of property identification codes

Character position	1st	2nd	3rd	4th	5th	6th	7th	8th	
Grazing property									
Designation	State code	Check letter	District number		Property number				
Example	N	A	4	7	7	3	5	2	Property no. 7352 in District 47

NLIS DATABASE

Tagging Sheep Begins on the Farm

The core basis of Australia's livestock traceability system is the Property Identification Code (PIC) which underpins Australia's National Vendor Declaration (NVD) and NLIS programs.

The PIC system was introduced in the late 1960s and identifies each property with an eight-digit alphanumeric code. The code is issued by state governments and identifies the state, region and location of the property.

All sheep must be identified with a NLIS (Sheep) visual or Radio Frequency Identification (RFID) tag before leaving the property on which they were born and a NVD completed with the contact details of the vendor, the PIC and destination of the sheep. As of July 1, 2010, it is now a requirement to record the movements of flocks of sheep on the NLIS database. Although each animal is identified with a tag, the traceability system is flock-based through the saleyards and to the processor.

Tracing the Flock Through Transport and Saleyard

During transport and the selling process, all sheep flocks must have a National Vendor Declaration (NVD) accompanying them. The NVD links the traceability of the livestock from the farm, through to the saleyards, transport and processing.

The stock agents must check that the sheep are tagged, the required documentation (NVD) accompanies the sheep and, as of July 1, 2010, are responsible for reading and recording in the NLIS database the sheep transactions that occur in the saleyard. Legislation also requires saleyards selling NLIS identified store/breeding sheep to upload sheep movements to the NLIS database.

Identifying Sheep at the Processing Plant

The processors must check that the sheep are tagged, the required documentation (NVD) accompanies the sheep and, as of July 1, 2010, are responsible for reading and recording in the NLIS database the sheep transactions that occur at the processing plant. Legislation requires abattoirs processing NLIS identified sheep to upload the information to the NLIS database. Processors hold copies of the documentation.

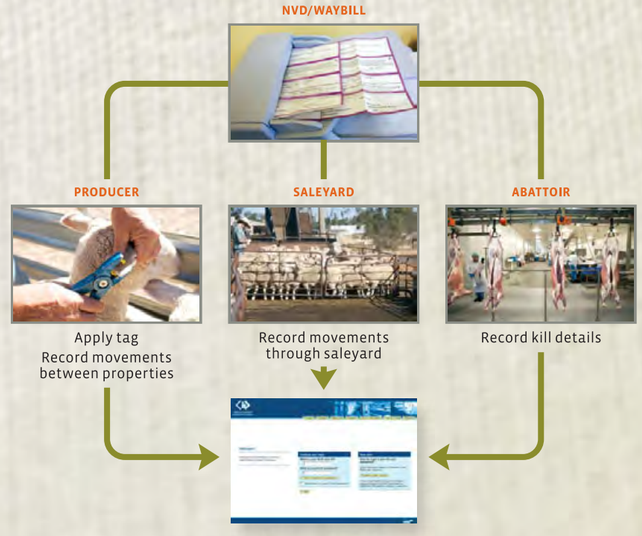
The information correlating the carcass and the PIC is stored on a database by the processing plant, which ensures precise traceback through the processing plant from when the live animal arrives, to when the final sheepmeat products are exported.

NLIS DATABASE

Ensuring Meat Safety Through the National Livestock Identification System

The recording of flock-based movements has been implemented so, as the sheep move along the supply chain, movement details will be recorded in the database. The species and number of animals in each mob is recorded, together with the PICs and dates.

Each PIC a flock resides on is stored on the database, establishing a history of the flock's residency and the flocks it came into contact with. This enables the flock to be traced quickly for the purposes of biosecurity, food safety, product integrity and market access.



Lamb is Lean

On average, a three-ounce serving of lamb has only 175 calories and meets the Food and Drug Administration's (FDA) definition for lean. According to FDA guidelines, lean meat has less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams or 3.5 ounces.

As the chart below indicates, three ounces of lamb can easily fit within the daily fat, saturated fat, and cholesterol recommendations of the 2010 Dietary Guidelines for Americans.

Lamb is Nutrient-Dense

Because lamb naturally contains many essential nutrients, it's an easy fit for healthy diets. On average, lamb is an excellent source of protein, vitamin B12, niacin, zinc, and selenium, and a good source of iron and riboflavin. All of this within an average of 175 calories per three-ounce serving makes lamb naturally nutrient-dense.

2010 Dietary Guidelines: How Lamb Fits

	Dietary Guidelines for Americans	Average Value for Three-Ounce Cooked Portion of Lamb*
TOTAL FAT	20% to 35% of calories (44g to 77g per day for a 2,000 calorie diet)	8g
SATURATED FAT	<10% of calories (20g or less per day for a 2,000 calorie diet)	3g
CHOLESTEROL	<300mg per day	80mg

Essential Nutrients in Lamb

Nutrient	Function
IRON	Iron from animal sources, such as lamb, is more easily absorbed by the body than iron from plant sources. Iron helps red blood cells deliver oxygen to all of the body's tissues, is necessary for immune function and helps the body synthesize proteins.
ZINC	Zinc is necessary for wound healing and contributes to growth and development. It is a component of many enzymes and, like iron, is more readily absorbed from animal sources.
SELENIUM	Selenium is an antioxidant, which works closely with vitamin E and supports immune function.
VITAMIN B12	Found only in foods of animal origin, vitamin B12 plays an essential role in many metabolic reactions. Low levels of vitamin B12 can manifest as anemia, neurological problems and high blood levels of the amino acid homocysteine.
NIACIN	Niacin is a B vitamin necessary for the metabolism of nutrients and the proper function of enzymes.
RIBOFLAVIN	Riboflavin is a B vitamin involved in energy production and enzyme function.
PROTEIN	As a major structural component of all human cells, protein is essential for adequate growth, wound healing, immune function and muscle maintenance. It is also essential for the synthesis of enzymes and hormones.

*USDA average of all cuts.

Handling and Storage

For the best-quality product, Australian Lamb should be:

- kept refrigerated or frozen
- thawed in refrigerator for 24 hours
- kept separate from other cooked and raw products

As with all meats, minimize the amount of time that lamb is left out of the refrigerator prior to cooking. Meat may spoil because of the natural growth of bacteria if it is mishandled or cooked improperly. In addition, working surfaces, such as cutting boards and utensils, should be washed in hot soapy water after touching any meat. Refrigerate leftovers immediately.

If you purchase chilled Australian Lamb in a vacuum-sealed bag, store it in the coldest part of the refrigerator where it will last for up to two weeks (check used-by date at purchase), freeze if storing for a longer period.

Chilled Australian Lamb is exported to the U.S. in vacuum-packed bags where it undergoes a process of "aging," which improves the tenderness so it arrives ready for you to cook.

It is normal to detect a slight odor immediately after first opening the vacuum bag. The odor should dissipate within minutes. Once the bag is opened, the lamb color will change from a purple/red (due to a lack of oxygen in the vacuum–sealed bags) to a pinkish/red.

If the product is tray packed, it may be kept in the refrigerator for up to two to three days prior to cooking (check used-by date at purchase). Store lamb in the coldest part of the refrigerator, keeping it as dry as possible. Keep lamb covered (ideally in the original wrapping) to prevent moisture loss.

Fresh lamb may be frozen for up to six months. Optimize freezer life and protect lamb against freezer burn by sealing in plastic wrap.

Cooking Guide

You can test for doneness by touch. Just press the lamb with your finger—when it has a springy but firm texture and is moderately juicy, the lamb is done. The firmer the feel of the meat, the more well-done.

Most people prefer lamb medium-rare or medium, but lamb is also delicious when cooked well-done. Whichever way you prefer, here's a handy guide to use when cooking Australian Lamb:

Rare	Medium Rare	Medium	Well-done
TEMP	TEMP	TEMP	TEMP
120-130°F	130-140°F	140-150°F	150-165°F
APPEARANCE	APPEARANCE	APPEARANCE	APPEARANCE
Very red; very moist with warm juices	Lighter red; very moist with warm juices	Pink red color; moist with clear pink juice	No pink or red, slightly moist with clear juices
COOK	COOK	COOK	COOK
20-25 min/lb at 360°F	25-30 min/lb at 360°F	30-35 min/lb at 360°F	35-40 min/lb at 360°F
REST	REST	REST	REST
8-10 min	8-10 min	8-10 min	8-10 min
FEEL	FEEL	FEEL	FEEL
Soft	Soft, slightly spongy and springy	Slightly firm and springy	Firm

Lamb Basic Cuts

1 LEG

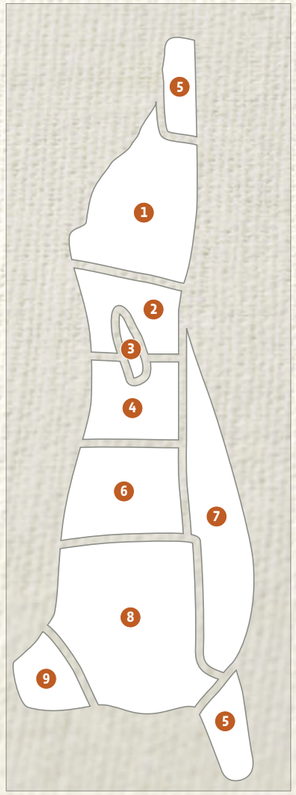
Boneless Leg

Boneless Leg, Butterflied

Diced Lamb

Leg Cuts, Denuded

Leg, Bone In



2 TOP SIRLOIN

Top Sirloin

Center Cut Chop

3 TENDERLOIN

Lamb Strips

Lamb Tenderloin

4 LOIN

Lamb Loin

Loin Chop

Short Loin Saddle

5 SHANK

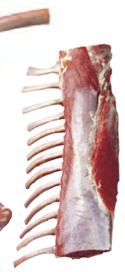
Frenched Fore Shank

Hind Shank

6 RACK

Rib Chop

Frenched Rack of Lamb (8 Rib)



Frenched Rack of Lamb (13 Rib)

7 BREAST

Breast and Flap

8 SHOULDER

Square-Cut Shoulder, Bone In

Square-Cut Shoulder, Boneless

Diced (forequarter)

Ground Lamb

Shoulder Rack (4 Rib)

Shoulder Chop

9 NECK

Neck Filet

Neck Chop

- Pasture-Raised
- No Added Hormones
- No Additional Additives
- Long Shelf-Life
- Sustainable Farming Practices
- Traceable

Australia is a world leader in the processing and preparation of Halal meat and meat products. Processors must have a registered Halal program which complies with Australian Government Authorised Halal Program (AGAHP—a collaborative program between Islamic Societies and the Australian government) requirements. Facilities are inspected and accepted for Halal slaughter and/or production. The inspections are carried out by recognized Islamic organizations and the Australian Quarantine and Inspection Services (AQIS). Halal meat is identified by an official Halal stamp to carcasses or products in a carton.

The Australian Lamb Industry is a world leader in safety and quality systems. We remain free from the major diseases of livestock and have implemented a state-of-the art animal identification system for whole of life product traceability.

Australian Lamb is an all-natural product, free of artificial additives and hormone growth promotants. Chilled, vacuum packed lamb is able to achieve a shelf life of approximately 90 days providing the cold chain has been maintained.

Australia produces a wide variety of lamb including naturally raised, free-range, pasture-fed and organic products.

Recipes

Lean, nutritious Australian Lamb is not only versatile enough to fit any style of cuisine, but a wide range of cuts lend themselves perfectly to impressive plating. Add that to lamb's mouthwatering flavor and healthy profile and you've got a new best seller. Share the following recipes with your customers or use them as inspiration for your own healthy creations. To view the recipes online, please go to www.australian-meat.com/lambrecipes.pdf

Glazed Chai Tea Smoked Lamb Shoulder with Vegetable Spring Rolls

Serves 4 | *Cook 2 hours*

LAMB

- 1 16-ounce boned, square-cut shoulder of Australian Lamb
- ½ cup chai tea leaves, loose + 1 teaspoon, tied in muslin
- 1 cup chicken stock reduction
- ¼ cup vegetable oil, divided

GLAZE

- ½ cup maple syrup
- 1 red chili pepper, finely sliced
- 6 star anise
- 1 cinnamon stick, cracked

TO SERVE

- 12 vegetable spring rolls, fried

NOTE Lamb may be smoked and cooked, then vacuum packed until needed.

METHOD

Preheat oven to 250°F.

Place the ½ cup of loose tea leaves and 1 teaspoon of oil into the base of a wok. Heat over a high heat until tea begins to smoulder and smoke. Place lamb shoulder on a cooking rack, skin side up, and position rack over the tea. Cover with a lid. Reduce heat and continue to smoke for 8 minutes. Remove and place in a deep baking dish.

Pour the chicken stock and remaining oil over the lamb, then add the chai tied in muslin. Cover and weight with a second baking dish full of water. Bake the lamb in a preheated oven for 1½ hours.

Remove lamb from the oven and cool completely in the refrigerator with weight intact. In a small saucepan, combine the maple syrup, chili, star anise and cinnamon stick, and simmer over a low heat for 5 minutes.

When lamb is cold, cut into 6 equal portions. Heat a non-stick frying pan over a high heat for 2 minutes. Add lamb, skin side down, and cook for 2 minutes until crisp. Reduce heat, turn lamb, and add a little of the glaze to the pan. Continue to cook over medium heat until lamb is heated through.

To serve, glaze lamb with the rest of the maple glaze, with vegetable spring rolls on the side.

NUTRITION FACTS	
Serving size 1 serve of Lamb (141g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 412	Calories from fat 190
	% Daily Value*
Total Fat 22g	**31%**
Saturated Fat 5g	**21%**
Trans Fat 1g	
Cholesterol 100mg	**33%**
Sodium 403mg	**18%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**3%**
Sugars 23g	
Protein 31g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 28%

Slow-Cooked Ribeye with Tomatillo Salsa and Frijoles with Warm Tortillas

Serves 4 | *Cook 1 hour*

LAMB

- 4 6- to 8-ounce Australian double ribeye lamb scotch steaks
- 2 tablespoons vegetable oil
- 1 long red sweet chili, finely chopped
- ½ bunch cilantro, finely chopped
- 2 limes, zested
- ½ cup corn chips, crushed
- salt and pepper, to taste

TO SERVE

- 14 ounces frijole beans
- 14 ounces tomatillo salsa verde
- 8 toasted flour tortillas
- lime wedges
- cilantro leaves
- avocado oil

NOTE Double ribeye steaks may also be slow-cooked in a covered barbecue using the indirect method of cooking.

METHOD

Preheat oven to 300°F.

Heat oil in a large frying pan over medium heat for 2 minutes, then brown lamb on all sides 4-5 minutes.

Combine the chili, cilantro, lime zest, corn chips and salt and pepper in a small bowl, and roll the browned lamb steaks in the mixture. Arrange the steaks on a baking tray and cover loosely with parchment paper.

Roast slowly in the preheated oven for 25-30 minutes. Remove and allow to rest 10 minutes prior to serving.

Serve lamb steaks with frijoles, salsa and toasted tortillas. Garnish with limes, cilantro and a little avocado oil.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Salsa, Frijoles and Tortilla (266g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 514	Calories from fat 176
	% Daily Value*
Total Fat 25g	**35%**
Saturated Fat 8g	**34%**
Trans Fat 1g	
Cholesterol 109mg	**36%**
Sodium 844mg	**37%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 7g	**25%**
Sugars 5g	
Protein 39g	
Vitamin A 6%	Vitamin C 35%
Calcium 21%	Iron 49%

Kasbah Lamb with Cauliflower Purée and Shaved Orange and Fennel Salad

Serves 6 | *Cook 45 minutes*

LAMB

- 1 2- to 3-pound Australian single ribeye lamb scotch roast
- 2 ounces butter
- 1 tablespoon olive oil
- 1 cup wild honey
- ¼ cup orange blossom water
- 2 oranges, juiced and zested
- ½ cup pistachio dukkah

FENNEL AND ORANGE SALAD

- 2 bulbs fennel, finely shaved
- 3 oranges, segmented
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1 tablespoon orange juice
- salt and pepper, to taste

TO SERVE

- 2 cups cauliflower purée
- watercress sprigs to garnish

NOTE Pistachio dukkah may be replaced with a cashew nut and cinnamon spice for a delicious difference.

METHOD

Heat butter and oil in a large shallow pan on medium heat and brown lamb on all sides 4-5 minutes. Add the wild honey to the pan along with the orange blossom water, orange juice and zest. Reduce heat and cover pan with a tight-fitting lid. Continue to cook lamb on low heat for 15 minutes, then turn and cook for another 15 minutes.

Remove lamb from pan, reserving the orange blossom and honey jus. Allow lamb to rest in a warm place 10 minutes. Dust with pistachio dukkah. Toss salad ingredients together in a large bowl.

Slice lamb and serve over cauliflower purée and accompany with the fennel and orange salad. Drizzle with orange blossom and honey jus. Garnish with watercress sprigs.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Cauliflower Purée and Salad (248g)	
Servings per recipe 6	
AMOUNT PER SERVING	
Calories 697	Calories from fat 266
	% Daily Value*
Total Fat 30g	**43%**
Saturated Fat 9g	**37%**
Trans Fat 0g	
Cholesterol 138mg	**45%**
Sodium 480mg	**21%**
Total Carbohydrate 59g	**19%**
Dietary Fiber 5g	**16%**
Sugars 57g	
Protein 39g	
Vitamin A 16%	Vitamin C 199%
Calcium 9%	Iron 41%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Asian Barbecue Lamb Cutlets

Serves 4 | *Marinate 4 hours* | *Cook 10 minutes*

LAMB

- 8 Australian Lamb cutlets, trimmed
- ½ cup brown sugar
- 1 tablespoon tamarind paste
- 2 limes, juiced and zested
- ½ cup cilantro, roughly chopped
- 1 long red chili, deseeded and finely chopped
- 2 tablespoons vegetable oil
- 2 tablespoons Worcestershire Sauce
- ½ teaspoon sea salt

SALAD

- 1 small cucumber
- 1 large carrot, peeled
- 1 zucchini
- 2 tablespoons flaked coconut, toasted
- 1 cup crispy fried noodles

DRESSING

- 1 tablespoon lime juice
- 1 tablespoon fish sauce
- 1 teaspoon chili oil or sesame oil

NOTE If you don't like it spicy, you can replace the red chili with Vietnamese basil or mint.

METHOD

Preheat barbecue or griddle pan.

Combine brown sugar, tamarind paste, lime juice and zest, cilantro, chili, oil, Worcestershire sauce and salt in a bowl or mortar and pestle and mix well. Place lamb cutlets in a shallow non-metallic dish. Rub combined mixture into the cutlets, coating well on both sides. Cover and refrigerate for up to 4 hours.

Using a mandolin or vegetable peeler, slice the cucumber, carrot and zucchini into fine ribbons and place in iced water.

Cook the marinated lamb chops on the preheated barbecue or griddle pan for 2 minutes each side. Remove and allow to rest in a warm place.

Drain vegetable ribbons well and toss together in a bowl with the toasted coconut, noodles and dressing ingredients. Arrange salad ingredients on individual serving plates and top with barbecue cutlets.

Garnish with a little chili oil and serve.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Salad and Dressing (294g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 662	Calories from fat 338
	% Daily Value*
Total Fat 38g	**55%**
Saturated Fat 16g	**65%**
Trans Fat 1g	
Cholesterol 109mg	**36%**
Sodium 1040mg	**45%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 5g	**16%**
Sugars 31g	
Protein 32g	
Vitamin A 89%	Vitamin C 99%
Calcium 15%	Iron 35%

Roasted Loin of Lamb with Thick-Cut Fries and Wild Mushrooms

Serves 6 | *Cook 50 minutes*

LAMB

- 2 2-pound Australian short loins, boned and rolled
- 2 tablespoons olive oil
- 2 ounces butter
- 1 pound mushrooms, field and wild mixture, wiped
- 2 tablespoons parsley, chopped
- 9 large nicola potatoes, peeled and cut into thick chips
- 1 tablespoon rosemary leaves, finely chopped
- cracked black pepper, to taste
- sea salt, to taste
- ¼ cup seeded, prepared mustard
- ¼ cup horseradish cream

TO SERVE

- Spicy arugula salad

NOTE To save time, lamb may be cut into thick steaks then pan fried and finished in the oven to the desired doneness.

METHOD

Preheat oven to 325°F.

Season lamb with salt and pepper, and drizzle with olive oil. Roast lamb in preheated oven, 20-30 minutes per pound. Remove from oven and allow to rest prior to serving.

Prepare mushrooms and potatoes while lamb is roasting. On stovetop, melt butter and add mushrooms to the pan. Cook over a medium heat for 6-8 minutes until mushrooms are browned and soft. Add parsley.

Blanch the potato chips in a pot of boiling water for 2 minutes. Remove chips and dry with paper towel. Just before serving, deep fry chips on stovetop until golden, then dust with rosemary, black pepper and salt.

Serve lamb in thick medallions with chips and mushrooms. Serve with mustard and horseradish on the side. Accompany with spicy arugula salad.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Fries and Mushrooms (265g)	
Servings per recipe 6	
AMOUNT PER SERVING	
Calories 451	Calories from fat 299
	% Daily Value*
Total Fat 34g	**48%**
Saturated Fat 13g	**54%**
Trans Fat 2g	
Cholesterol 133mg	**44%**
Sodium 792mg	**34%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 5g	**15%**
Sugars 2g	
Protein 33g	
Vitamin A 18%	Vitamin C 50%
Calcium 4%	Iron 31%

Lamb Noisette with Cumin and Cauliflower Purée and Roasted Winter Vegetables

Serves 4 | *Marinate 1 hour* | *Cook 45 minutes*

LAMB

- 2 Australian Lamb loins, boned
- 2 tablespoons anchovies
- 2 tablespoons capers
- 2 tablespoons parsley
- 1 tablespoon lemon zest
- 10 slices prosciutto
- 8 baby beets, peeled
- salt and pepper, to taste
- 1 tablespoon red wine vinegar
- 8 small onions, peeled and quartered, with root attached
- 8 cloves garlic
- 2 baby leeks, sliced and cleaned
- 4 tablespoons cauliflower and cumin purée
- 1 cup red wine jus
- ⅓ pint micro basil
- olive oil, for cooking

METHOD

Preheat oven to 375°F.

Finely chop anchovies, capers, parsley and lemon zest. Rub mixture on the inside of the lamb loin. Spray a sheet of aluminum foil with olive oil and lay prosciutto on foil, slices slightly overlapping. Season with fresh black pepper. Place the lamb loin on top of the prosciutto, then roll prosciutto and lamb together into a tight log. Refrigerate for 1 hour.

Place wrapped lamb log in oven for 30 minutes or until cooked to medium (140°F internal temp). Remove from oven and rest in the foil for 10 minutes.

While lamb is cooking, season beets with salt, pepper, red wine vinegar and olive oil and wrap in aluminum foil. Bake in oven for 15 minutes, or until tender. Brown onions in a hot pan with a little olive oil. Add peeled garlic cloves and baby leeks, then bake in oven for 10 minutes.

To serve, slice lamb into 12 equal slices. Heat cauliflower purée and place on left side of plate. Place 3 noisettes down the center of the plate. Place roasted vegetables on right side of plate. Drizzle with red wine jus and garnish with micro basil.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Purée and Vegetables (400g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 432	Calories from fat 19
	% Daily Value*
Total Fat 18g	**25%**
Saturated Fat 8g	**31%**
Trans Fat 2g	
Cholesterol 148mg	**49%**
Sodium 2660mg	**116%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 10g	**32%**
Sugars 13g	
Protein 46g	
Vitamin A 14%	Vitamin C 154%
Calcium 14%	Iron 53%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Seared Lamb Medallions with Almond and Mint Pea Cream and Baby Vegetables

Serves 10 | *Cook 20 minutes*

LAMB

- 10 7-ounce Australian Lamb loins, mid-cut glued
- 12 slices of prosciutto
- black pepper, to taste
- 2 tablespoons olive oil

PEA CREAM

- 9 ounces chicken stock
- 4 ounces green peas
- 3 sprigs fresh mint, chopped
- 1 tablespoon light cream

TO SERVE

- baby vegetables, prepared, blanched and refreshed (asparagus, carrots, potatoes, Brussel sprouts, cauliflower)
- 30 baby black olives
- 2 ounces raw almonds
- 10 ounces veal jus

NOTE This dish is also delicious created with a loin roast.

METHOD

Bring the chicken stock to a boil, then add peas. Cook over medium heat for 8 minutes.

Drain and reserve stock. Purée and press peas through a fine sieve. Adjust seasoning and consistency with reserved stock and cream. Add chopped fresh mint just before serving. Keep warm.

Wrap each lamb loin with prosciutto and season with black pepper. Slice each loin into three medallions. Heat oil over a medium heat and brown the medallions. Continue to cook for 3-4 minutes per side. Remove and allow to rest 5 minutes.

Heat baby vegetables in boiling water.

To serve, arrange vegetables, olives, almonds and lamb medallions decoratively on the plate and dot with pea cream and veal jus.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Almond and Pea Cream (190g)	
Servings per recipe 10	
AMOUNT PER SERVING	
Calories 343	Calories from fat 165
	% Daily Value*
Total Fat 19g	**27%**
Saturated Fat 6g	**26%**
Trans Fat 1g	
Cholesterol 129mg	**43%**
Sodium 1190mg	**52%**
Total Carbohydrate 1.9g	**1%**
Dietary Fiber 2g	**5%**
Sugars 1g	
Protein 41g	
Vitamin A 9%	Vitamin C 11%
Calcium 5%	Iron 28%

Slow-Roasted Za'atar Lamb with Potato Gratin and Pistachio Nut Paste

Serves 4 | *Cook 1½ hours*

LAMB RACK

- 4 four-point Australian Lamb forequarters for rack
- 4 ounces za'atar spice
- salt and pepper
- olive oil for cooking

LAMB SAUSAGE

- 16 ounces lamb sausage mix
- 1 tablespoon parsley, chopped
- ½ ounce crepinete (caul fat)

PISTACHIO NUT PASTE

- 4 ounces pistachio nuts
- 1 garlic clove
- ½ orange, zested
- 4 tablespoons olive oil

TO SERVE

- 15 ounces potato gratin
- 1 cup red wine jus
- edible flowers and herbs

NOTE Za'atar is available from Middle Eastern supermarkets, a spice mix of dried thyme, sesame seeds and sumak. If lamb sausage mix is not available from your butcher, alternatively combine 7 ounces minced lamb, 7 ounces minced veal, 2 ounces fatty bacon, finely chopped herbs, and a pinch each of salt, pepper, ground allspice, nutmeg, and cilantro.

METHOD

Preheat oven to 250°F.

Coat lamb rack with za'atar, salt and pepper. In frying pan on stovetop, brown lamb in a little oil. Move lamb to oven and cook until internal temperature reaches 125°F. Lamb should be cooked through, but still pink. Allow lamb to rest for 10 minutes before serving.

Divide lamb sausage mixture into four balls, coat with parsley and wrap in caul fat. Brown lamb balls in frying pan. Move lamb to oven and cook 30 minutes.

In a food processor blend nuts, garlic and zest, adding oil until a fine paste is formed. Add water while processor is running to thin the paste to a mayonnaise consistency.

Heat potato gratin in oven until hot, about 30 minutes. Heat red wine jus in a small pot on stove.

To serve, smear plates with pistachio paste. Cut racks in half and place on paste to one end. Place gratin next to rack, then a lamb sausage ball. Garnish with herbs and flowers, then drizzle with red wine jus.

NUTRITION FACTS	
Serving size 1 serve of Lamb, with Potatoes and Nut Paste (400g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 1160	Calories from fat 242
	% Daily Value*
Total Fat 83g	**119%**
Saturated Fat 21g	**86%**
Trans Fat 3g	
Cholesterol 196mg	**65%**
Sodium 1140mg	**49%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 11g	**36%**
Sugars 6g	
Protein 69g	
Vitamin A 12%	Vitamin C 64%
Calcium 32%	Iron 104%

Crunchy Stuffed Lamb Riblets

Serves 4 | *Cook 10 minutes*

LAMB

- 16 Australian Lamb riblets
- 3 tablespoons Spanish or Cajun seasoning
- ½ cup corn flour
- 3 eggs
- 1 cup panko crumbs
- ¼ cup parsley, finely chopped

STUFFING (optional, choose one)

- feta cheese
- jalapeños
- monterey jack cheese
- mozzarella
- salami

AIOLI DIPPING SAUCE

- jalapeño aioli
- sweet chili mayonnaise

NOTE Lamb riblets may be coated and frozen in an airtight container until required, up to 3 months.

METHOD

If you choose to stuff lamb riblets, push a small piece of filling into the center of each riblet. Dust lamb with the spanish seasoning and set aside.

Whisk together the corn flour and eggs until well combined. Combine the panko crumbs and parsley on a flat plate. Dip each lamb riblet in the egg mixture and roll in the crumb mixture. Repeat until all riblets are coated. You may double crumb if necessary.

Heat oil to 350°F and shallow or deep fry until golden. Drain on absorbent paper.

Serve hot with aioli dipping sauce.

NUTRITION FACTS	
Serving size 1 serve of 4 Riblets (204g)	
Servings per recipe 4	
AMOUNT PER SERVING	
Calories 542	Calories from fat 193
	% Daily Value*
Total Fat 22g	**31%**
Saturated Fat 9g	**36%**
Trans Fat 2g	
Cholesterol 294mg	**97%**
Sodium 1460mg	**63%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**13%**
Sugars 5g	
Protein 47g	
Vitamin A 24%	Vitamin C 18%
Calcium 15%	Iron 51%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Sticky Barbecue Ribs with Waldorf Salad

Serves 10 | *Marinate 24 hours* | *Cook 25 minutes*

LAMB

- 10 four-point Australian Lamb double ribs
- 4 ounces barbecue rub seasoning
- 1 teaspoon liquid smoke

GLAZE

- ¼ cup vegetable oil
- 1 cup barbecue sauce
- ½ cup maple syrup

SALAD

- 5 red apples, washed, finely sliced
- 3 sticks celery, thinly sliced
- 3 ounces walnut halves
- ¼ cup mayonnaise
- 1 teaspoon dijon mustard
- 1 lemon, juiced
- salt and pepper, to taste

NOTE Australian Lamb ribs may also be cooked on the barbecue. Use the indirect method so as not to burn the marinade.

METHOD

Preheat oven to 320°F.

Place lamb ribs on a shallow, non-metallic tray. Brush ribs with liquid smoke and dust with barbecue seasoning. Turn ribs and repeat with smoke and seasoning. Cover and refrigerate for up to 24 hours.

Place the ribs onto a large baking tray. Combine ingredients for glaze and brush over ribs (set a small amount aside for serving). Bake in oven for 25 minutes turning and basting occasionally.

Combine the Waldorf salad ingredients in a large bowl and toss well. Arrange salad and lamb ribs decoratively on individual serving plates. Drizzle with a little extra barbecue sauce and serve.

NUTRITION FACTS

Serving size 1 serve of Lamb, with Salad (215g)

Servings per recipe 10

AMOUNT PER SERVING	
Calories 580	Calories from fat 261

	% Daily Value*
Total Fat 30g	**42%**
Saturated Fat 8g	**33%**
Trans Fat 2g	
Cholesterol 109mg	**36%**
Sodium 1470mg	**64%**
Total Carbohydrate 41g	**13%**
Dietary Fiber 4g	**12%**
Sugars 38g	
Protein 36g	

Vitamin A 5%	Vitamin C 15%
Calcium 12%	Iron 37%

Barbecue Sweet Smokey Butterflied Leg of Lamb

Serves 6 | *Cook 1 hour*

LAMB

- 1 3- to 3½-pound Australian Lamb leg, butterflied
- 2 ounces barbecue seasoning
- 1 cup barbecue sauce
- 1 cup maple syrup
- 2 teaspoons smoked paprika
- ¼ cup tomato purée
- 2 tablespoons vegetable oil

NOTE Butterflied leg of lamb maybe marinated for up to 24 hours prior to cooking. Liquid Smoke is available at specialty barbecue stores.

METHOD

Preheat barbecue or oven to 320°F.

Place the lamb in a shallow baking dish and brush with oil, then rub barbecue seasoning into both sides of the lamb.

In a small saucepan, combine the barbecue sauce, maple syrup, smoked paprika, tomato purée and oil. Heat sauce over a low heat, simmering for 5 minutes.

Brush sauce over the lamb and barbecue or roast over a low heat, basting frequently and taking care not to burn marinade. If cooking over coals, wait until coals are white before cooking. If roasting in an oven, allow 30 minutes per pound. Lamb may need to be turned to brown both sides.

Allow lamb to rest 10 minutes prior to serving and slicing at the table.

NUTRITION FACTS

Serving size 1 serve of Lamb (162g)

Servings per recipe 6

AMOUNT PER SERVING	
Calories 493	Calories from fat 149

	% Daily Value*
Total Fat 17g	**24%**
Saturated Fat 6g	**25%**
Trans Fat 1g	
Cholesterol 101mg	**33%**
Sodium 1050mg	**45%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 2g	**7%**
Sugars 52g	
Protein 29g	

Vitamin A 11%	Vitamin C 5%
Calcium 9%	Iron 36%

Garlic and Rosemary Roast Lamb

Serves 6 | *Cook 1½ hours*

LAMB

- 3 pound Australian Easy Carve leg of lamb
- 8 cloves garlic, peeled and halved
- 20 small sprigs rosemary
- salt and pepper, to taste
- 2 tablespoons olive oil
- 2 lemons, sliced

TO SERVE

- roasted potatoes
- steamed vegetables
- mint jelly

NOTE Australian Easy Carve leg of lamb is also delicious studded with garlic or slow-roasted with a cranberry or teriyaki glaze.

METHOD

Preheat oven 300°F.

Using a sharp knife, make small incisions in the Easy Carve leg of lamb and insert small slivers of garlic and rosemary in each space. Season roast with salt and pepper, then drizzle with olive oil.

Place lamb in a shallow baking dish with sliced lemon underneath and roast in the preheated oven for 30 minutes per pound. Test for doneness, remove and cover with foil. Allow to rest 10 minutes prior to slicing.

Serve hot with roasted potatoes, steamed vegetables and mint jelly.

NUTRITION FACTS

Serving size 1 serve of Lamb (159g)

Servings per recipe 6

AMOUNT PER SERVING	
Calories 317	Calories from fat 155

	% Daily Value*
Total Fat 18g	**25%**
Saturated Fat 4g	**16%**
Trans Fat 0g	
Cholesterol 117mg	**39%**
Sodium 390mg	**17%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 4g	**12%**
Sugars 1g	
Protein 34g	

Vitamin A 2%	Vitamin C 25%
Calcium 2%	Iron 32%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Japanese Udon Lamb with Soy and Mushroom Broth

Serves 10 | *Cook 10 minutes*

LAMB

- 12 ounces Australian Lamb round
- 1 pound udon noodles, fresh
- 1 cup enoki mushrooms
- 2 ounces shitake mushrooms, sliced
- 2 ounces oyster mushrooms
- 1 cup bean sprouts
- 3 scallions, sliced diagonally
- 2 small red chilis
- ½ bunch Vietnamese mint
- ½ bunch cilantro
- 5 cups rich chicken or veal stock
- 2 tablespoons light soy sauce
- 1 lime, juiced and zested
- 1 tablespoon fish sauce
- 2 teaspoon sesame oil

TO SERVE

- fried shallots
- cilantro

NOTE Udon noodles are thick white rice noodles. If these are not available fresh, egg noodles may be used. Vietnamese mint is different from regular mint. It has long, dark green pointed leaves and is available at the Asian grocery store. If you like your lamb well done, it may be quickly seared in a pan prior to pouring over the stock.

METHOD

Place the lamb round in the freezer for 20 minutes until lamb is firm. Using a sharp knife, slice lamb thinly, sashimi style. Lay slices in single layer and cover until required.

Divide the noodles into 10 portions and place in deep serving bowls. Top the noodles with lamb slices fanned over the noodles. Top lamb with a few shitake and oyster mushrooms. Set bowl aside.

Toss together the bean sprouts, scallions, chili, mint and cilantro. Set aside.

Pour the stock into a saucepan with the soy sauce, lime juice and fish sauce. Bring the stock to a boil, then stir in the remaining mushrooms. Simmer 2 minutes.

Ladle the broth over the lamb and noodles. Top with bean sprout mixture, drizzle with a little sesame oil and garnish with fried shallots and cilantro.

NUTRITION FACTS

Serving size 1 serve of Lamb (266g)

Servings per recipe 10

AMOUNT PER SERVING	
Calories 100	Calories from fat 36

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 39mg	**13%**
Sodium 795mg	**35%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 2g	**5%**
Sugars 1g	
Protein 14g	

Vitamin A 9%	Vitamin C 29%
Calcium 5%	Iron 19%

Rogan Josh Lamb Shanks

Serves 10 | *Cook 2½ hours*

LAMB

- 10 Australian Lamb shanks, frenched
- ½ cup all-purpose flour
- salt and pepper, to taste
- 4 tablespoons clarified butter
- 2 tablespoons vegetable oil

CURRY PASTE

- ½ teaspoon cracked black pepper
- 3 teaspoons coriander, ground
- ¼ teaspoon cloves, ground
- 1 tablespoon ginger, grated
- 2 teaspoons chili powder
- 1 teaspoon cinnamon
- 5 cardamom pods, cracked
- 1 teaspoon cumin, ground
- 2 onions, finely chopped
- 2 tablespoons vegetable oil
- 4 tablespoons tomato paste
- 4 cups chicken stock
- 1 cup light cream

TO SERVE

- steamed basmati rice
- roti or pappadams
- mint raitia
- cucumber salad

NOTE The curry paste may be prepared well ahead of time and stored in the refrigerator for up to 2 weeks. Yogurt may be used a substitute for cream in this recipe.

METHOD

Preheat oven to 300°F.

Combine flour, salt, and pepper in a large plastic bag. Add lamb shanks to bag a few at a time and shake well to dust.

Heat the butter and oil together in a large frying pan and brown the lamb shanks a few at a time. Place lamb shanks into a deep-sided baking dish.

Add all the curry paste spices, onion and oil into a food processor or mortar and pestle, and blend until well combined. In frying pan, cook spices over a medium heat. Stir 3-4 minutes. Add tomato paste and cook a further 3-4 minutes. Stir in the chicken stock and bring to a boil.

Pour liquid over the browned lamb shanks and cover with a lid or several layers of foil. Place the baking dish into the preheated oven for 1½ hours. Remove baking dish from oven and pour cream over spiced shanks. Return dish to oven and cook for another 30 minutes.

Serve lamb rogan josh with steamed basmati rice, roti and sides.

NUTRITION FACTS

Serving size 1 Lamb Shank (173g)

Servings per recipe 10

AMOUNT PER SERVING	
Calories 630	Calories from fat 447

	% Daily Value*
Total Fat 51g	**72%**
Saturated Fat 23g	**95%**
Trans Fat 2g	
Cholesterol 178mg	**59%**
Sodium 838mg	**36%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 3g	**9%**
Sugars 3g	
Protein 36g	

Vitamin A 44%	Vitamin C 9%
Calcium 13%	Iron 39%

Chermoula Marinated Lamb Top Sirloin with Vegetable Tagine

Serves 10 | *Marinate 20 minutes* | *Cook 40 minutes*

LAMB

- 10 small Australian Lamb top sirloins
- 3 ounces chermoula seasoning

VEGETABLE TAGINE

- 4 ounces barley or quinoa
- 1 cinnamon stick
- 3 cardamom pods
- 1 star anise
- 1 tablespoon honey
- 1 cup veal stock
- 2 tablespoons olive oil
- 6 shallots, peeled and diced
- 1 celery stalk, diced
- 1 small eggplant, diced
- 1 ounce preserved lemon, diced
- 1 cup pumpkin, diced
- 3 tomatoes, seeded and diced
- 1 tablespoon parsley, chopped
- 1 tablespoon cilantro, chopped

TO SERVE

- yogurt
- pomegranate seeds

NOTE Australian Lamb top sirloin may also be finished with the vegetables in the tagine.

METHOD

Preheat oven 350°F.

Coat lamb top sirloins well with half of the chermoula seasoning. Allow to stand 20 minutes.

Place barley or quinoa in a large saucepan with the cinnamon stick, cardamom pods, star anise, honey and stock. Bring to a boil, then reduce and simmer for 12 minutes or until grains are soft.

Heat oil and sauté the shallots, celery, eggplant until lightly browned. Stir in the remaining chermoula and fry 2 minutes. Add the preserved lemon, pumpkin and barley mixture to the pan. Cover and cook vegetable tagine for 15-20 minutes, or until vegetables are tender.

Add tomato, parsley and cilantro.

While tagine is cooking, heat a little butter and oil in a fry pan over medium heat and brown top sirloins on all sides well. Remove and place lamb top sirloins onto a baking tray and finish in the preheated oven for 12 minutes. Allow to rest 10 minutes prior to slicing.

Serve lamb top sirloins sliced with vegetable tagine, yogurt and pomegranate seeds.

NUTRITION FACTS

Serving size 1 serve of Lamb and Vegetables (201g)

Servings per recipe 10

AMOUNT PER SERVING	
Calories 311	Calories from fat 115

	% Daily Value*
Total Fat 13g	**19%**
Saturated Fat 4g	**17%**
Trans Fat1g	
Cholesterol 80mg	**26%**
Sodium 232mg	**10%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 3g	**11%**
Sugars 5g	
Protein 33g	

Vitamin A 22%	Vitamin C 42%
Calcium 7%	Iron 31%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Special thanks to Craig Peacock, Peter Ferwerda and Dale Lyman of William Angliss Institute in Melbourne, Australia for providing meat concepts, recipe development and photography for this book.

Australian Lamb is all-natural, pasture-raised, and free of artificial additives and hormone growth promotants—a pure product of its pure environment. Value added Australian Lamb cuts are a great addition to any menu or display case, and their versatility and flavor lend themselves well to many different cuisines.

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