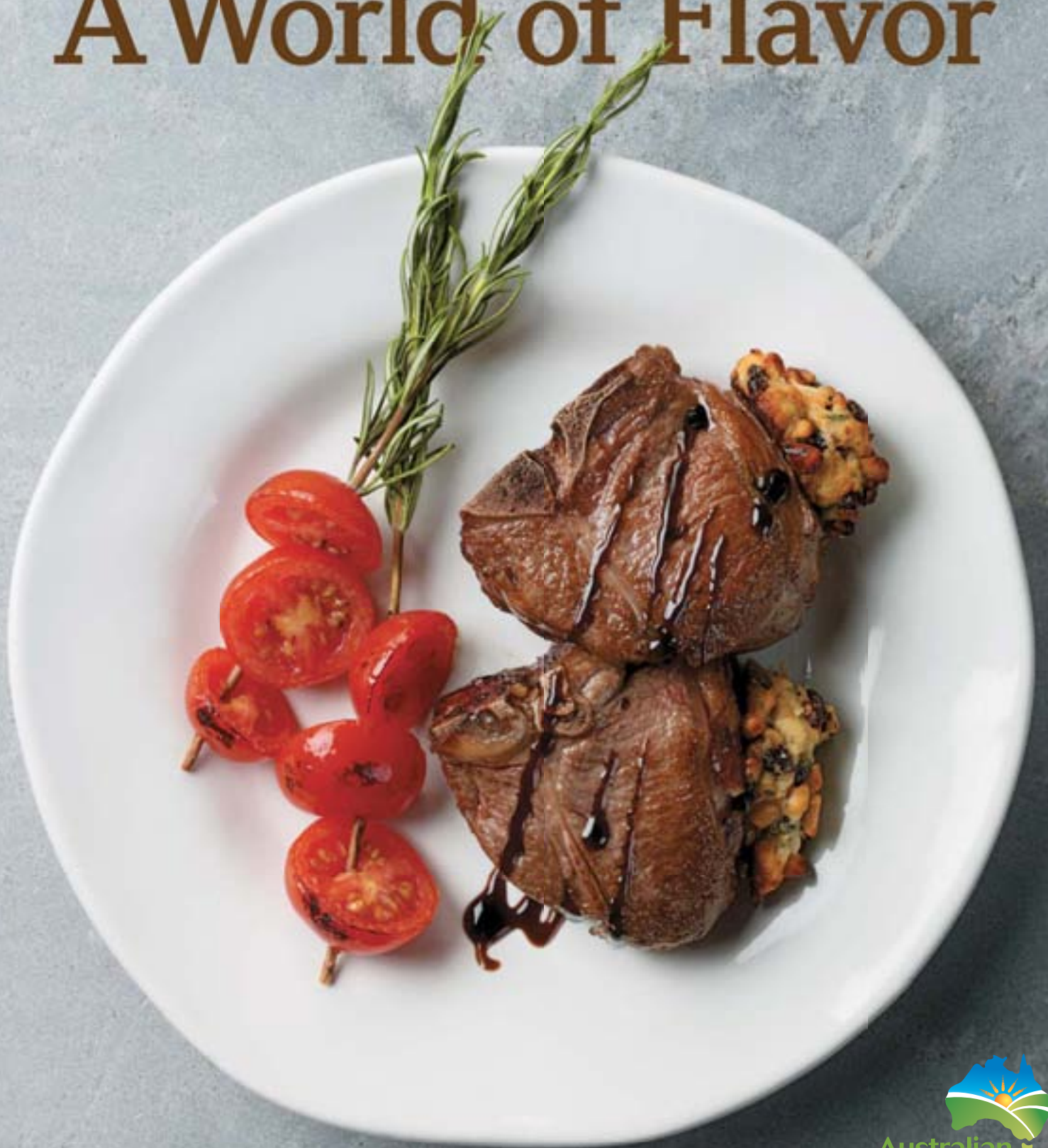


Australian Lamb

A World of Flavor



2	The Americas
10	The Mediterranean
18	Asia and the Middle East
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Savor the International Flavor

Australian Lamb

From North and South America to Asia and the Middle-East, Australian Lamb is a global staple. Chefs love it for its versatility. Dieticians recommend it for its lean, vitamin-rich, and hormone and additive-free goodness. And home cooks adore it for its flavor and fast-cooking convenience. Simply put, the quality of Australian Lamb translates into any language and cuisine!



- LAMB
- 1

Australian boneless lamb leg, butterflyed
- MARINADE
- 1

medium sized onion, quartered
- 4

cloves garlic, peeled
- 1

bunch scallions, both white and green parts, trimmed
- 1

bunch fresh cilantro leaves
- 1

teaspoon dried oregano
- 3

bay leaves
- 1

teaspoon salt
- 1

teaspoon freshly ground black pepper
- 1

cup white wine, dry
- ½

cup olive oil
- CHIMICHURRI
- ¾

cup olive oil
- 3

tablespoons red wine vinegar
- 1

tablespoon lemon juice
- ½

cup parsley
- 2

cloves garlic
- 1

bunch scallions, both white and green parts, trimmed
- 1

tablespoon dried chili salt and freshly ground black pepper
- TO SERVE
- fresh green chili

Brazilian Style Butterflyed Leg of Lamb with Chimichurri

Serves 4 | Marinate overnight | Cook 30 minutes | Rest 20 minutes

METHOD

Place all marinade ingredients into a blender and process until slightly coarse. Turn lamb so the bottom faces you. Take netting off leg and cut through half way down and lay the leg flat. Place leg into a large tray and pour marinade over, rubbing into the meat. Cover with cling wrap and refrigerate overnight. Remove lamb from refrigerator 30 minutes before cooking.

For the chimichurri, place all ingredients in a food processor and blend together; do not mix too much. Let stand for 1 hour.

While chimichurri is resting, preheat outdoor grill to medium high. Cook lamb for 30 minutes, turning once. Lamb should be cooked to medium. Rest lamb for 20 minutes.

Serve with a fresh green chili, if desired.



NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 8oz (238g)	Calories	760	Total Fat 63g	91%	Cholesterol 139mg	46%	Total Carbohydrate 5g	2%	Vitamin A 17%	Vitamin C 73%	
	calories from fat	571	Saturated Fat 13g	53%	Sodium 512mg	22%	Dietary Fiber 5g	15%	Calcium 8%	Iron 44%	
			Trans Fat 1g		Protein 37g		Sugars 4g				

* See page 36



Parsley, Orange and Pecan Crusted Rack of Lamb

Serves 4 | Prep/cook 25 minutes

METHOD

Preheat the oven to 400°F. Rub the lamb with olive oil and season with salt and pepper. Position the racks in a roasting pan, meaty side up and place in the oven for 10 minutes. While the lamb is cooking, combine the parsley, garlic, orange zest and pecan nuts in a bowl.

Remove the lamb racks from the oven and spread each rack on the meaty side with 1 tablespoon Dijon mustard. Divide the herb and nut mix equally between the racks and coat, gently pressing into the mustard. Return to the oven and continue to cook for an additional 10 minutes or to desired doneness.

Great with roasted vegetables.

LAMB

- 2 racks of Australian lamb (8 chops to each rack)
- 1 tablespoon olive oil
- salt and freshly ground black pepper
- 1 cup fresh parsley leaves, roughly chopped
- 2 cloves garlic, crushed
- zest of 1 orange, finely grated
- ¾ cup pecan nuts, toasted and finely chopped
- 2 tablespoons Dijon mustard

TO SERVE

roasted vegetables

NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		
Serving Size 2 chops (159g)	Calories	411	Total Fat	30g	42%	Cholesterol	95mg	32%	Total Carbohydrate	2g	1%	
	calories from fat	266	Saturated Fat	5g	22%	Sodium	365mg	16%	Dietary Fiber	3g	10%	
			Trans Fat	1g		Protein	33g		Sugars	2g		
									Vitamin A	12%	Vitamin C	29%
									Calcium	7%	Iron	36%

* See page 36

- LAMB
- 1

Australian boneless lamb shoulder
- 2

teaspoons sweet paprika
- 2

teaspoons dried oregano
- 1

teaspoon ground cumin
- ½

teaspoon garlic powder
- salt and freshly ground black pepper
- olive oil for cooking
- 1

onion, sliced
- 3

cloves garlic, sliced
- 1

cup white wine
- 1

cup orange juice
- 2

cups chicken stock

- ROASTED CORN SALSA
- 2

medium corn cobs, cleaned
- olive oil for cooking
- 1

small red pepper, deseeded, finely sliced
- ½

medium red onion, finely sliced
- 2

fresh long green chilies, deseeded and sliced
- 2

tablespoons cilantro leaves

- TORTILLAS
- 8

corn tortillas
- lettuce leaves
- low-fat natural sour cream
- freshly ground black pepper

Lamb Burritos with a Roasted Corn Salsa

Serves 4 | Prep 25 minutes | Roast 3 hours

METHOD

Preheat the oven to 400°F. Mix together paprika, oregano, cumin and garlic powder. Rub lamb first with salt and pepper, and then the paprika mix. Lightly oil a high-sided roasting pan and add onion and garlic to pan. Place lamb on top. Pour in white wine, orange juice and chicken stock. Cover the roasting pan with foil and place in oven. Immediately reduce oven temperature to 300°F and roast for 3 hours. Remove lamb from oven and allow to cool. Remove the meat from the liquid (reserve liquid). Set oven to 350°F.

Lightly brush the corn cobs with olive oil, cook on outdoor grill until smoky and browned on all sides. Set aside to cool for 5 minutes.

Meanwhile, heat a large non-stick pan over high heat. Add one tortilla and cook for 30 seconds on each side or until warmed through. Transfer to a plate, cover with foil and repeat with remaining tortillas.

Pull the lamb into small pieces. Reduce and taste the reserved cooking liquid, skimming off any fat. Add to shredded lamb and toss to mix. Reheat the non-stick pan and add a little olive oil, toss the seasoned lamb until warmed.

Using a sharp knife cut down the length of the corn, close to the core, to remove the kernels. Combine the corn, red pepper, onion, chili and cilantro in a large bowl.

Place the tortillas on a large clean work surface. Top each tortillas with a lettuce leaf, then portion the lamb evenly between the tortillas, top with corn mixture and a generous dollop of sour cream. Season with pepper.

Roll up to enclose the filling and serve.

NUTRITION FACTS		Amount per Serving	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 2 burritos (406g)	Calories calories from fat	582 173	Total Fat 19g	27%	Cholesterol 128mg	43%	Total Carbohydrate 45g	15%	Vitamin A 33%	Vitamin C 216%
			Saturated Fat 9g	36%	Sodium 1190mg	52%	Dietary Fiber 12g	39%	Calcium 28%	Iron 59%
			Trans Fat 2g		Protein 42g		Sugars 15g			

* See page 36





Grilled Loin Chops served with Mango and Lime Salad

Serves 4 | Prep/cook 20 minutes

METHOD

Whisk together oil, garlic and thyme in a shallow large baking dish. Add the chops and turn to coat. Season with salt and freshly ground black pepper. Heat outdoor grill to high and grill the chops for 5 to 6 minutes per side for medium doneness. Remove and rest in a warm place for 5 minutes.

Peel and thinly slice the mango into fine julienne. Remove the skin and white pith from the limes and segment, catching any of the juices. Place the prepared mango and lime into a bowl, add the cucumber, ginger, and gently toss together. Mix the reserved lime juice, brown sugar and fish sauce together, drizzle over the salad.

Place salad onto serving platter and crumble the feta over the salad and scatter with the cilantro leaves and red chili. Serve with the grilled loin chops.

LAMB

- 8 thick-cut Australian lamb loin chops
- ½ cup olive oil
- 2 cloves garlic, crushed
- 2 tablespoons thyme, roughly chopped
- salt and freshly ground black pepper

MANGO AND LIME SALAD

- 2 firm mangos
- 2 limes
- 1 European cucumber, finely sliced
- 1 teaspoon fresh grated ginger
- 1 teaspoon brown sugar
- 1 teaspoon fish sauce
- 4 ounces Greek style feta cheese, drained
- ½ cup cilantro leaves
- 1 mild red chili, deseeded and finely chopped

NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 2 chops served with salad (269g)	Calories	461	Total Fat 31g	45%	Cholesterol 129mg	43%	Total Carbohydrate 9g	3%	Vitamin A 38%	Vitamin C 90%	
	calories from fat	283	Saturated Fat 12g	45%	Sodium 877mg	38%	Dietary Fiber 4g	12%	Calcium 19%	Iron 38%	
			Trans Fat 1g		Protein 34g		Sugars 9g				

* See page 36

- LAMB
- 8

thick-cut Australian lamb loin chops
- 8

sprigs of rosemary, trimmed to 5"
- 1

cup crust-less Italian-style bread, cut into small cubes
- ½

cup pecorino or Parmesan cheese, finely grated
- ⅓

cup currants
- ⅓

cup pine nuts, lightly toasted and roughly chopped
- 2

eggs
- 2

cloves garlic, finely chopped
- Salt and freshly ground pepper
- 2

teaspoons olive oil
- ½

cup balsamic vinegar
- 2

teaspoons castor sugar
- fresh baby green leaves to serve

- TOMATOES
- 8

ounces medium size cherry tomatoes, halved

- TO SERVE
- fresh greens

Loin Chops with Mediterranean Stuffing and Rosemary Spiked Tomatoes

Serves 4 | Cook 15 minutes

METHOD

Prepare the rosemary sprigs by removing leaves from the woody half of each stem. Finely chop 1 tablespoon of the removed leaves and reserve.

To prepare the stuffing, combine the bread, cheese, currants, pine nuts, eggs, garlic and reserved chopped rosemary. Season with salt and pepper to taste. Divide the stuffing mix into 8 balls. Cut a pocket in the side of each chop, being careful not to cut all the way through the meat. Insert a small ball of stuffing into the pocket.

Prepare the spiked tomatoes by threading the tomato halves onto the rosemary sprigs.

Preheat the oven to 350°F. Heat the oil in an oven-proof frying pan and cook the chops for 3 minutes on each side. Reduce the heat, add the prepared tomatoes, and cook for a further 3-5 minutes. Place the pan into the oven for 5-10 minutes.

Mix the balsamic vinegar and sugar together and deglaze the pan, simmering to reduce by half. Serve the chops drizzled with the vinegar glaze with the rosemary spiked tomatoes and fresh greens on the side.



NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 2 chops (218g)	Calories	579	Total Fat 35g	50%	Cholesterol 267mg	89%	Total Carbohydrate 14g	4%	Vitamin A 24%	Vitamin C 21%	
	calories from fat	317	Saturated Fat 13g	56%	Sodium 748mg	33%	Dietary Fiber 4g	12%	Calcium 48%	Iron 39%	
			Trans Fat 1g		Protein 50g		Sugars 13g				

* See page 36



Pastitsio

Serves 8 | Cook 50 minutes

METHOD

Preheat oven to 350°F. Cook pasta as per packet directions until al dente and drain.

Heat olive oil in large frying pan on medium to high heat. Add onion and garlic. Sauté for 2 to 3 minutes, without coloring the garlic. Add the ground lamb crushing any lumps with a spoon, cook until lamb is browned. Add the bay leaves, cinnamon, cloves and red wine. Reduce heat to a simmer, add tomatoes and stir through. Cook for 25 minutes, season with salt and pepper. Add the pasta to the pan and mix through the meat sauce.

To prepare the béchamel sauce, combine milk, cloves, bay leaf and peppercorns in a saucepan. Place on low to medium heat, making sure milk slowly comes to the boil infusing all the flavors. Remove from the heat immediately. In another saucepan take butter and melt over a low heat. Once melted, add flour and stir together with a wooden spoon. Continue to cook for 5 minutes, stirring continuously to avoid browning. Strain the infused milk and gradually add to butter and flour mix. Make sure to continually stir to eliminate all lumps. Stir until the sauce thickens, approximately 4-5 minutes. Stir in the cheese.

In an ovenproof rectangle dish, spread pasta and meat sauce evenly, pressing down to make it flat. Pour the prepared béchamel over the pasta and sprinkle with breadcrumbs. Bake in oven for 20-25 minutes or until golden brown and bubbling.

LAMB

- 2 pounds Australian ground lamb
- 10 ounces dried macaroni
- 3 tablespoons olive oil
- 1 white onion, peeled and finely diced
- 2 cloves garlic, crushed
- 2 bay leaves
- 1 teaspoon ground cinnamon
- 4 cloves
- red wine for cooking
- 14 ounce can chopped tomatoes
- salt and freshly ground pepper
- 2 tablespoons dried breadcrumbs

BÉCHAMEL SAUCE

- 2½ cups whole milk
- 3 cloves
- 1 bay leaf
- 6 black peppercorns
- 4 ounces butter
- ½ cup plain flour
- ½ cup Parmesan cheese, grated

NUTRITION FACTS

Amount per Serving			% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 10 oz (278g)	Calories	583	Total Fat 35g	50%	Cholesterol 135mg	45%	Total Carbohydrate 31g	10%	Vitamin A 35%	Vitamin C 8%
	calories from fat	314	Saturated Fat 18g	75%	Sodium 555mg	24%	Dietary Fiber 3g	11%	Calcium 33%	Iron 44%
			Trans Fat 2g		Protein 35g		Sugars 6g			

* See page 36

LAMB

- 1 Australian boneless lamb leg,
butterflied
- 1 tablespoon coriander seeds
- 1 tablespoon cardamom seeds
- 1 tablespoon fennel seeds
- 1 teaspoon red chili flakes
- sea salt and cracked black pepper
- 2 tablespoons olive oil

TO SERVE

chutney and fresh salad

Grilled Spiced Leg of Lamb

Serves 4 | Marinate 1 hour | Cook 30 minutes

METHOD

Place the dry spices, salt and pepper in a spice grinder or mortar and pestle, and grind to release the flavors. In a bowl, mix the ground spices and olive oil to combine. Coat the lamb with the spice mixture and massage into the meat. Cover and refrigerate for a minimum of 1 hour or overnight.

Heat outdoor grill to medium heat; place the lamb onto the grill skin side down, close the lid. Occasionally baste with any remaining marinade. Cook to desired doneness, 10-15 minutes on each side for medium rare. Remove from grill and cover with foil. Allow to rest for 10 minutes in a covered, warm place.

To serve, slice thinly and serve with your favorite chutney and a fresh salad.



NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 5oz (150g)	Calories	336	Total Fat 19g	27%	Cholesterol 139mg	46%	Total Carbohydrate 4g	1%	Vitamin A 1%	Vitamin C 3%	
	calories from fat	171	Saturated Fat 6g	27%	Sodium 543mg	24%	Dietary Fiber 3g	9%	Calcium 9%	Iron 38%	
			Trans Fat 1g		Protein 36g		Sugars 1g				

* See page 36



Lamb Rib Chops Saltimbocca

Serves 4 | Cook 10 minutes

METHOD

Preheat the oven 350°F.

Make a deep pocket in each lamb chop. Stuff the pocket with one slice of mozzarella cheese. Place one sage leaf on top of each chop and wrap each chop with one slice of prosciutto. Heat an oven-proof frying pan to medium high, add a splash of olive oil, and seal the chops for 1-2 minutes on each side. Transfer to the oven and cook 5 minutes. Remove from the oven and place over medium heat. Deglaze the pan with the stock and white wine. Allow to bubble and quickly stir in the butter, check seasonings and serve immediately.

Serve with a soft polenta or a potato gratin.

LAMB

- 2 Australian lamb racks, cut into quarters (2 rib bones each chop)
- 2 mozzarella balls, cut into 4 equal slices
- 8 large sage leaves
- 8 thin prosciutto slices
- olive oil for cooking
- 2 tablespoons stock
- white wine for cooking
- 1 tablespoon butter

TO SERVE

soft polenta or a potato gratin

NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		
Serving Size 2 chops (181g)	Calories	553	Total Fat	36g	51%	Cholesterol	176mg	59%	Total Carbohydrate	1g	0%	
	calories from fat	321	Saturated Fat	17g	71%	Sodium	1490mg	65%	Dietary Fiber	1g	1%	
			Trans Fat	2g		Protein	57g		Sugars	1g		
									Vitamin A	33%	Vitamin C	15%
									Calcium	69%	Iron	33%

* See page 36

- LAMB
- 1

pound Australian lamb loin or leg, thinly sliced, divided
- 12

ounces fresh Singapore noodles
- 3

teaspoons peanut oil, divided
- 1

large red onion, peeled and cut into 8 wedges
- 4

ounces snow peas, sliced diagonally
- ⅔

cup hoisin sauce
- ¾

cup roasted cashew nuts
- ½

cup fresh mint leaves

Lamb with Singapore Noodles, Snow Peas and Cashews

Serves 4 | Cook 5 minutes

METHOD

Prepare all ingredients ready to begin the cooking procedure.

Cook the noodles according to packet directions. Heat wok over high heat and add 1 teaspoon of the peanut oil. Add half the lamb, stir-fry for 1 minute or until browned, remove from the wok to a plate. Repeat with the remaining lamb. Add the remaining oil and onion to the wok, cook for 1 minute. Add the snow peas. Return the lamb to the wok. Toss the noodles, hoisin sauce, mint and cashews through until heated.

NUTRITION FACTS		Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 10 oz (277g)	Calories	583	Total Fat 21g	30%	Cholesterol 99mg	33%	Total Carbohydrate 56g	18%	Vitamin A 10%	Vitamin C 43%	
	calories from fat	192	Saturated Fat 5g	19%	Sodium 290mg	13%	Dietary Fiber 6g	21%	Calcium 7%	Iron 45%	
			Trans Fat 0g		Protein 38g		Sugars 9g				

* See page 36





Turkish Style Lamb Flat Breads

Serves 4 | Cook 30 minutes

METHOD

Preheat oven to 400°F.

Heat the olive oil in a large frying pan, add the onion and cook, stirring until soft and light golden. Add the ground lamb and cook until all the lamb has browned, stirring to break up any lumps. Add the Moroccan mix and cook until aromatic. Add the spinach and cook until wilted, approximately 2 minutes. Remove from heat and stir in the pine nuts and currants. Season with salt and pepper.

Cut bread in half lengthwise, creating two large flat pieces of bread to use as a base. Place bread onto a baking sheet, top with lamb mixture and sprinkle with crumbled feta. Bake in oven for 15 minutes or until crisp and hot. Sprinkle parsley over the flatbread and serve with tzatziki.

LAMB

- 1 pound Australian ground lamb
- 2 tablespoons olive oil
- 1 yellow onion, peeled and finely diced
- 2 tablespoons Moroccan seasoning mix
- 1 cup baby spinach leaves, washed and trimmed
- ¾ cup pine nuts, toasted
- 2 tablespoons currants
- salt and freshly ground black pepper
- 1 large Turkish flat bread
- 2 ounces feta, crumbled
- ½ cup fresh parsley leaves

TO SERVE

tzatziki

NUTRITION FACTS

Amount per Serving			% Daily Value*		% Daily Value*		% Daily Value*	% Daily Value*		% Daily Value*
Serving Size	Calories		Total Fat		Cholesterol			Total Carbohydrate		
1 flat bread (269g)	485		31g	44%	91mg	30%		12g	4%	
	calories from fat	275	Saturated Fat	42%	Sodium	41%		Dietary Fiber	21%	
			Trans Fat		Protein			Sugars		
			1g		39g			10g		

* See page 36

LAMB

- 1

pound boneless shoulder of Australian lamb, diced
- 3

tablespoons curry powder
- ½

cup yogurt
- 1

tablespoons vegetable oil
- 1

tablespoons butter
- 4

large yellow onions, thinly sliced
- 1

cup basmati rice, rinsed
- 6

whole green cardamom pods
- 2

ounces golden sultanas
- 2

ounces roasted cashew nuts
- 1

cup chicken stock
- 1

cup milk
- salt and pepper
- 1

cup thick Greek-style yogurt
- ⅓

cup mint leaves, finely chopped, divided

TO SERVE

- 8

small pappadums, cooked

Lamb Biryani with Raita

Serves 4 | Marinate 1 hour | Prep/cook 90 minutes

METHOD

In a ceramic bowl, combine the curry powder and yogurt together to make a paste. Add the lamb and stir to coat. Cover and refrigerate for at least 3 hours or overnight if time permits.

Preheat oven to 350°F.

Heat oil and butter in a fry pan. Add the onions and cook for 15 minutes or until caramelized. Reserve approximately 2 tablespoons of the fried onions for garnish.

Place the marinated lamb into an 8-cup capacity ovenproof casserole dish. Spoon the remaining onions over the lamb. Sprinkle rice evenly over the lamb and onions. Add the cardamom pods. Top with reserved fried onions, sultanas and cashew nuts. Pour chicken stock and milk over the rice, then cover with foil. Bake for 1¾ hours or until rice is tender. Season with salt and pepper.

In a separate bowl, combine yogurt and 2 tablespoons of the mint leaves.

Spoon lamb into bowls and top with yogurt mixture and remaining mint leaves. Serve with pappadums.

NUTRITION FACTS		Amount per Serving	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 15oz (430g)	Calories	709	Total Fat	28g	39%	Cholesterol	106mg	35%	Total Carbohydrate	72g 23%
	calories from fat	248	Saturated Fat	10g	43%	Sodium	677mg	29%	Dietary Fiber	8g 25%
			Trans Fat	1g		Protein	39g		Sugars	27g
									Vitamin A	23%
									Calcium	41%
									Vitamin C	33%
									Iron	51%

* See page 36





Lamb Shank and Apricot Tagine

Serves 4 | Cook 2 hours

METHOD

Season the lamb shanks with salt and pepper. Heat olive oil in a large heavy based pan, and brown the shanks on all sides. Transfer the sealed shanks to a bowl.

Reduce heat and add scallions, garlic, ginger, garam masala, cinnamon stick and smoked paprika to the pot and cook for one minute, until fragrant. Return the lamb shanks and juices to the pan. Add the vegetable stock and saffron. Cover and reduce heat, allow to simmer gently for 1 hour.

Add to the pot the prepared apricots, lemon juice and zest and prunes, cover and simmer until the shanks are tender, approximately for 1 hour.

Place prepared couscous into bowls and top with lamb. Drizzle a small amount of honey over the lamb, and sprinkle with cilantro leaves and sliced almonds.

LAMB

- 4 Australian lamb shanks
- salt and ground white pepper
- olive oil for cooking

TAGINE

- 8 scallions, peeled and sliced
- 2 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- 2 teaspoons garam masala
- 1 cinnamon stick
- ½ teaspoon smoked paprika
- 4 cups vegetable stock
- ½ teaspoon saffron threads
- 1 cup dried apricots quartered
- juice and zest of 2 lemons
- ½ cup seedless prunes

TO SERVE

- couscous
- honey to drizzle
- fresh cilantro leaves
- 3 tablespoons sliced almonds

NUTRITION FACTS

Amount per Serving			% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 1 shank (339g)	Calories calories from fat	594 266	Total Fat 30g	42%	Cholesterol 107mg	36%	Total Carbohydrate 34g	11%	Vitamin A 30%	Vitamin C 105%
			Saturated Fat 9g	37%	Sodium 1630mg	71%	Dietary Fiber 9g	31%	Calcium 19%	Iron 59%
			Trans Fat 2g		Protein 43g		Sugars 28g			

* See page 36

- LAMB
- 1

boneless Australian leg of lamb
- olive oil for cooking
- salt and freshly ground pepper

- STUFFING
- 3

ounces dried plums
- ½

cup white wine
- 1

cup water
- ½

cup raw sugar
- 4

ounces strong white bread, cut into small cubes
- salt and ground white pepper
- 3

ounces unsalted macadamia nuts, roughly chopped

Aussie Roast Leg with Plum and Macadamia Nut Stuffing

Serves 4 | Prep 15 minutes | Cook 90 minutes

METHOD

Preheat the oven to 300°F.

Simmer dried plums, white wine, water and sugar until soft, remove the plums and reduce the syrup until sticky, approximately 10 minutes. Place the bread into a bowl and pour the plum mixture over while hot so as to allow the juices to soak into the bread. Season with salt and white pepper. Add the macadamias and mix until combined.

Stuff the cavity of the leg of lamb with the prepared stuffing. Use a wooden skewer to hold the opening together while cooking. Rub the surface with some olive oil, salt and pepper, and place prepared leg on a rack in roasting pan. Cook in oven uncovered for 1¼ hours. Remove from oven and cover with foil. Allow to rest for 10-15 minutes.

NUTRITION FACTS		Amount per Serving	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 6oz (164g)	Calories	596	Total Fat	31g	44%	Cholesterol	139mg	46%	Total Carbohydrate	33g 11%
	calories from fat	276	Saturated Fat	8g	34%	Sodium	423mg	18%	Dietary Fiber	4g 13%
			Trans Fat	1g		Protein	41g		Sugars	33g
									Vitamin A	2%
									Calcium	7%
									Vitamin C	4%
									Iron	35%

* See page 36





Lamb, Mushroom and Beer Pot Pies

Serves 4 | Prep/cook 2¼ hours

METHOD

Place the diced lamb, flour, nutmeg and salt and pepper into a bag or bowl and toss to make sure all the lamb is well-coated. Heat the oil in a medium-heavy pot over medium-high heat. Cook lamb until browned on all sides, about 8 minutes. Add the beer and stir well to combine.

Bring to a simmer. Cover, and reduce heat to medium-low. Gently simmer until lamb is tender, about 1 hour, stirring at intervals to avoid sticking. Stir in the prepared mushrooms, adjust seasonings to taste. Allow to simmer for 10-15 minutes with the lid removed, until the juices are reduced and thickened. Allow to cool completely.

Divide stew among 4 small pie dishes. Cut four 7-inch squares of pastry. Cover each pot pie with a pastry square, allowing it to drape over the sides. Refrigerate until cold, approximately 15 minutes.

Preheat oven to 400°F. Brush pie tops with egg wash and sprinkle with black sesame seeds. Bake pies on a rimmed baking sheet until crusts are golden brown, about 30 minutes. Transfer to a wire rack to cool slightly, about 10 minutes.

Serve with creamy mashed potatoes and vegetables of your choice.

LAMB

- 2 pounds Australian boneless lamb shoulder or leg, cubed
- ½ cup plain flour
- 1 teaspoon nutmeg
- salt and freshly ground pepper
- 2 tablespoons olive oil
- 3 cups light beer
- 1 pound small portabella mushrooms, quartered
- 1 package puff pastry sheets, thawed
- 1 egg, beaten
- black sesame seeds

TO SERVE

creamy mashed potatoes and vegetables

NUTRITION FACTS

Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 1 pot pie (405g)	Calories calories from fat	847 385	Total Fat 43g Saturated Fat 14g Trans Fat 0g	61% 56%	Cholesterol 450mg Sodium 639mg Protein 69g	150% 28%	Total Carbohydrate 31g Dietary Fiber 5g Sugars 2g	10% 18%	Vitamin A 20% Calcium 9% Vitamin C 13% Iron 66%

* See page 36

- LAMB
- 1

Australian lamb rack, cut into 8 chops
- 1

cup dried panko breadcrumbs
- ¾

cup Parmesan cheese, grated
- 2

tablespoons fresh parsley, chopped
- salt and freshly ground black pepper
- ½

cup flour
- 1

egg, beaten
- light oil for cooking

- SUMMER FRUIT SALAD
- 2

plums, seeded and sliced
- 6

apricots, seeded and halved
- ½

cup green seedless grapes, halved
- 2

scallions, finely sliced using the white and green parts
- ½

cup fresh mint leaves
- TO SERVE

drizzle of balsamic vinegar

sea salt flakes

Crusted Rib Chops with a Summer Fruit Salad

Serves 4 | Prep/cook 30 minutes

METHOD

Combine the breadcrumbs, Parmesan, parsley, salt and pepper in a shallow dish. Coat lamb with flour, shaking off any excess. Pass each chop through the egg, then into the Parmesan breadcrumbs. Press crumbs on firmly. Refrigerate for 10-15 minutes.

Heat a large frying pan on a gentle/medium heat, and then add oil to cover the base. Cook chops for 3 minutes on each side. Transfer to a plate lined with paper towel.

To make salad, combine ingredients and gently toss. Lightly drizzle balsamic vinegar on the fruit salad and sprinkle with sea salt flakes. Serve immediately with chops.



NUTRITION FACTS		Amount per Serving	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 2 chops served with salad (211g)	Calories	473	Total Fat	21g	30%	Cholesterol	181mg	86%	Total Carbohydrate	31g 10%
	calories from fat	192	Saturated Fat	8g	34%	Sodium	804mg	35%	Dietary Fiber	4g 12%
			Trans Fat	1g		Protein	38g		Sugars	7g
									Vitamin A	27%
									Calcium	18%
									Vitamin C	31%
									Iron	34%

* See page 36



The Great Aussie Burger

Serves 2 | Marinate 30 minutes | Cook 15 minutes

METHOD

Place the lamb, garlic, onion in a large bowl. Season with salt and pepper and mix together. Using clean hands, massage the burger mix until combined. Shape the mixture into two patties, place on a plate, cover and refrigerate for up to 30 minutes.

Preheat the oven to 300°F. Heat oil in a large, non-stick fry pan over medium heat. Cook the patties for 3 minutes on each side or until almost cooked through.

Transfer to a baking sheet and top each patty with a slice of cheese. Place in the oven for 3-5 minutes or until cheese melts. While cheese is melting, cook bacon and eggs in fry pan.

To assemble the burger, spread the hamburger bun base with butter then layer lettuce, tomato, beets, lamb patty, pineapple, tomato ketchup, bacon and egg. Cover with bun tops and serve.

LAMB

- 12 ounces ground Australian lamb
- 2 cloves garlic, crushed
- 1 small onion, finely diced
- salt and freshly ground pepper
- 2 tablespoon olive oil
- 2 slices cheddar cheese

TO SERVE

- 2 hamburger buns, split and toasted
- butter
- 2 lettuce leaves
- 1 tomato, sliced
- 4 slices pickled beets
- pineapple, thinly sliced
- tomato ketchup
- 4 bacon strips
- 2 eggs

NUTRITION FACTS

Amount per Serving		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Serving Size 1 burger (285g)	Calories calories from fat	509 204	Total Fat 23g Saturated Fat 9g Trans Fat 1g	32% 39%	Cholesterol 346mg Sodium 1170mg Protein 40g	115% 51%	Total Carbohydrate 34g Dietary Fiber 4g Sugars 7g	11% 13%	Vitamin A 24% Calcium 22% Vitamin C 22% Iron 46%

* See page 36

About Australian Lamb

Australian lamb is all-natural, pasture-raised, and free of artificial additives and hormone growth promotants—a pure product of its pure environment. Australian lamb is available to North American customers in a wide-array of product lines and cuts. The primal cuts are vacuum-packed to maintain freshness and quality and to ensure extended shelf life. Naturally lean, tender, and mild tasting Australian lamb is a great addition to any meal occasion, its versatility and flavor lends itself well to many different cuisines.

Nutrition

Australian lamb is a naturally nutrient-dense food; it’s packed full of essential vitamins and minerals that help our bodies function better. Lamb is rich in vitamin B12, which is great for the nervous system. Iron helps carry oxygen to the muscles for energy and is important

for brain performance, especially for memory and concentration. The zinc in lamb is essential for our immune system, and the protein is great for growing bodies.

Australian Lamb and the Environment

Sustainability is essential to Australian lamb production from paddock to plate. At each stage of production, measures are undertaken to reduce emissions and increase efficiency on-farm, at the feedlot and during processing. This ensures Australia’s lamb is produced with a dedication to caring for our environment. Since 1990, emissions from lamb production in Australia have decreased by 5.3% per kilogram.

Australia’s red meat industry programs invest significantly into research and development to: manage emissions and water use, increase biodiversity, create energy efficiencies, reduce waste and implement environmentally sustainable land management practices. The Australian red meat industry, in collaboration with the Australian government, invests over \$13m annually in research and development to find ways to further improve its environmental performance.

Traceability

Australia is a world leader in animal identification mandating the program in 2005. Sheep are linked to a property by an eight-digit property identification code (PIC) which is issued by State Governments and printed on each rancher’s National Livestock Identification System (NLIS) tags and National Vendor Declaration (NVD) forms.

Whenever an animal is moved from the property the NLIS database is updated to provide complete traceability, which allow the health and feeding history of each group of sheep to be traced back to their property of birth.

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.

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.

			
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



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.

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:

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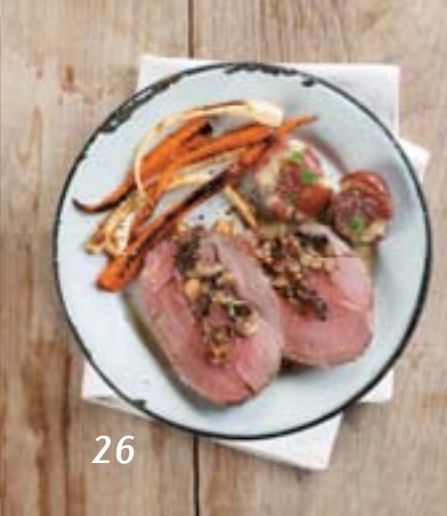


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NUTRITION FACTS
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Regardless of the cuisine or occasion, Australian Lamb speaks the international languages of flavor and versatility. Which says a lot for your ability to offer healthy options for lunches, dinners, parties and snacks where good taste is on the menu.

For more great meal ideas,
visit www.australian-lamb.com



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