

# Fresh Canadian Lamb



# Moroccan Lamb Stew (Tajine)

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

## Ingredients

1¾ lb	Neck or shoulder of lamb, cut into small cubes after removing fat	800 g
	Salt and pepper (to taste)	
3 tbs	Olive oil	45 ml
½ tbs	Harissa or chili paste	7 ml
½ tsp	Cumin	2 ml
½ tsp	Cinnamon	2 ml
½ tsp	Ginger	2 ml
1	Can (28 oz / 796 ml) diced tomatoes	1
1	Onion, in quarters	1
2	Crushed garlic cloves	2
2	Carrots, cut into large chunks	2
1	Potato, cut into large chunks	1
2	Bay leaves	2
	Water (sufficient quantity)	
1	Can (19 oz / 540 ml) chick peas, drained	1

## Method

Salt and pepper the lamb. In an enamel pot, heat oil to medium-high and brown a few pieces of meat at a time. Combine the meat, harissa, spices, and tomatoes, bringing the mixture to a boil, then cover and simmer for 30 minutes on low heat. Add vegetables, bay leaves, and enough water to immerse all of the ingredients. Bring to a boil again, then cover and simmer on low heat for one hour while stirring regularly, or until the meat is tender. Five minutes before the end of cooking, add the chick peas.

Sprinkle with mint and chopped coriander, and serve with couscous.

*You can also add roasted merguez sausage.\* In this case, reduce the quantity of lamb to 1¼ lb (600 g).*

*\* A specialty from North Africa, merguez is a slim, short-length sausage made of the trimmings from beef and lamb. This sausage is characterized by seasonings from chili and ground peppers, and contains a low level of fat.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 998; Fat: 32.3 g; Protein: 81.5 g; Cholesterol: 180 mg;

Sodium: 254 mg; Carbohydrate: 97.1g; Fibre: 25.9 g

# Fresh Canadian Lamb



# Lamb stew (Mijoté) à la provençale

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

## Ingredients

3 tbsp	Olive oil	45 ml
1 lb	Neck or shoulder lamb, cut into small cubes	500 g
	Salt and pepper (to taste)	
¼ cup	Bacon, thin slices	50 ml
2	Chopped onions	2
2	Chopped garlic cloves	2
1	Diced carrot	1
2	Celery sticks, thinly sliced	2
1	Can (28 oz / 796 ml) diced tomatoes	1
1	Sprig fresh thyme	1
1	Sprig fresh rosemary	1
	Water (sufficient quantity)	
1	can (19 oz / 540 ml) White kidney beans, drained and rinsed	1
2 tbsp	Olive oil	25 ml
½ cup	Breadcrumbs	125 ml

## Method

In a heavy pan, heat the olive oil to medium-high. Salt and pepper the lamb, then brown the cubes a few at a time. Remove and set them aside. On medium heat, cook the bacon for 5 minutes. Add onions, garlic, carrots, and celery, and cook for 5 minutes.

Add lamb, tomatoes, and fine herbs, with enough water to immerse the whole stew. Let simmer covered on low heat for 1 hour while stirring regularly. Cook until the lamb is tender. Ten minutes before the end of cooking, stir in the kidney beans. Then mix the olive oil and breadcrumbs in a small bowl, and pour the mixture onto the stew. Broil until browned.

*You can also replace the olive oil with duck fat.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 931; Fat: 35.8 g; Protein: 71.4 g; Cholesterol: 135 mg;

Sodium: 657 mg; Carbohydrate: 83 g; Fibre: 20.7 g

# Fresh Canadian Lamb



**BBO**

# Thai lamb brochettes

Serves four

Preparation time: 10 minutes + 1½ hours marinating

Cooking time: 10 minutes

Cost: \$\$

## Ingredients

1	Can (14 oz / 400 ml) coconut milk	1
1 tbsp	Fish sauce	15 ml
1½ tsp	Asian curry powder (or to taste)	10 ml
2 tsp	Sugar	7 ml
	Salt (to taste)	
1	Juice of a lime	1
1¾ lb	Neck or shoulder of lamb, cut into small cubes after removing fat	800 g

## Method

In a small pan, heat the coconut milk at low with fish sauce and sugar. When the sugar is completely dissolved, blend in the curry powder gradually to avoid lumping. Add salt and lime juice. Let cool. Blend with meat cubes and marinate in a glass bowl covered with plastic wrap for at least 1½ hours (24 hours maximum) in the refrigerator. Then drain the cubes, skewer the meat, and cook it on a pre-heated grill at medium-high heat for 5 minutes per side.

Serve with basmati rice and a cucumber salad dressed with fresh herbs.

*The brochettes can also be broiled in the oven. To serve as appetizers, use smaller skewers.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

**BBQ**

## Per serving:

Calories: 662; Fat: 39 g; Protein: 58.9 g; Cholesterol: 180 mg;

Sodium: 554 mg; Carbohydrate: 9.7 g; Fibre: 2.5 g

# Fresh Canadian Lamb



# Lamb shanks braised in beer and honey

Serves four

Preparation time: 30 minutes

Cooking time: 2 hours

Cost: \$\$

## Ingredients

3 tbsp	Olive oil	45 ml
4	Lamb shanks	4
	Salt and pepper (to taste)	
20	Pearled onions,* peeled	20
2	Garlic cloves, crushed	2
1 tbsp	Honey	15 ml
1	Bottle pale ale (beer) (5 oz / 341 ml)	1
2½ cups	Water or chicken broth	625 ml
1	Sprig fresh thyme	1
1	Bay leaf	1
¼ cup	Cream (35 %)	50 ml

\*small marinade onions

## Method

Preheat oven to 325 °F (165 °C). In a deep frying pan, heat the olive oil at high. Salt and pepper the shanks, then brown them on all sides. Transfer to a broiler with all the ingredients except the cream, and cover with water or chicken broth. Bring to a boil, cover the broiler immediately with aluminium foil, and place it in oven for 2 hours, or until the meat pulls away easily from the bone. Strain the cooking broth and reduce it in a pan until it reaches the desired consistency. Then add the cream.

Serve with mashed potatoes and green vegetables. Use the shank meat in strips and the cooking broth to make a sauce to accompany your choice of pasta.

*You can also replace the pale ale with stout or porter. (However, if you do so, do not add either the honey or the cream.)*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 573; Fat: 27.8 g; Protein: 57.8 g; Cholesterol: 180 mg;

Sodium: 1130 mg; Carbohydrate: 11.6 g; Fibre: 1.7 g

# Fresh Canadian Lamb



# Shepherd's Pie with lamb and mushrooms

Serves four

Preparation time: 30 minutes

Cooking time: 30 minutes

Cost: \$

## Ingredients

1 tbsp	Olive oil	15 ml
2	Chopped onions	2
2	Garlic cloves, chopped	2
1¾ lb	Ground lamb	800 g
½ tsp	Dry oregano	2 ml
	Salt and pepper (to taste)	
1 tbsp	Olive oil	15 ml
1 tsp	Butter	5 ml
15	Cultivated mushrooms, cut into quarters	15
1 tbsp	Fresh thyme	15 ml
5	Potatoes, mashed	5
¼ cup	Cream cheese	50 ml
1 tbsp	Dijon or Meaux mustard	15 ml

## Method

Preheat oven to 350 °F (175 °C). In a frying pan, heat 1 tbsp olive oil at medium-high. Add the onions and garlic, and brown for 5 minutes. Add the ground lamb, oregano, and salt and pepper, and cook for 10 minutes, stirring regularly. Then place the meat in an oven-proof casserole dish. In the pan, heat 1 tbsp olive oil with butter until bubbling. Brown the mushrooms, season with salt and pepper, and thyme, and spread them on the lamb. Blend in the cream cheese and mustard with the mashed potatoes. With a spatula, spread the potatoes evenly over the layer of mushrooms. Place in the oven for 30 minutes, then finish by broiling until brown.

*For some sophisticated variations, you can replace the mushrooms with wild mushrooms, and replace the cream cheese and mustard with 1 tsp (5 ml) of truffle oil.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Par portion:

Calories: 711; Fat: 28 g; Protein: 63.3 g; Cholesterol: 198 mg;

Sodium: 302 mg; Carbohydrate: 49.6 g; Fibre: 7.7 g

# Fresh Canadian Lamb



# Pasta with lamb bolognese sauce

Serves four

Preparation time: 25 minutes

Cooking time: 30 minutes

Cost: \$

## Ingredients

3 tbsp	Olive oil	45 ml
1	Onion, thinly sliced	1
2	Diced carrots	2
2	Stalks Celery, thinly cut	2
1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
¼ cup	Dry white wine	50 ml
3 tbsp	Tomato paste	45 ml
1	Can (28 oz / 796 ml) diced tomatoes	1
½ tsp	Dry oregano	2 ml
½ tsp	Dry basil	2 ml
1	Sprig fresh rosemary	1
3	Bay leaves	3
2	Garlic cloves, chopped	2
1 lb	Egg fettuccini	500 g

## Method

In a pan, heat oil to medium-high. Add the vegetables and brown them for 5 minutes. Add the ground lamb, salt and pepper, then cook until the meat starts to brown with caramelized spots. Deglaze with the white wine. Blend in the tomato paste and diced tomatoes, and bring to a boil. Add spices and chopped garlic, then simmer for 30 minutes while stirring regularly. Meanwhile, cook the pasta in a large quantity of lightly-salted water. Drain and serve with the bolognese sauce over top.

*It is also possible to replace the ground lamb with meat cubes from the neck or shoulder. (If doing so, then simmer the meat in the sauce for 1½ hours until it is tender.)*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 607; Fat: 22.1 g; Protein: 45.1 g; Cholesterol: 166 mg;

Sodium: 451 mg; Carbohydrate: 54 g; Fibre: 5.4 g

# Fresh Canadian Lamb



# Pizza pita with spicy lamb

Serves four

Preparation time: 15 minutes

Cooking time: 10 minutes

Cost: \$

## Ingredients

1 tbsp	Olive oil	15 ml
1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
2 tsp	Harissa or hot pepper	10 ml
½ tsp	Ground cumin	2 ml
½ tsp	Fennel seeds	2 ml
4	Pita bread, medium-sized	4
½ cup	Tomato sauce	125 ml
1	Onion, thin rings	1
1	Red pepper, cut into strips	1
1 cup	Mozzarella cheese, grated	250 ml
2 tbsp	Pine nuts	30 ml
¼ cup	Fresh coriander, chopped	50 ml

## Method

Preheat oven to 450 °F (230 °C). In a frying pan, heat oil to medium-high. Brown the lamb for 5 to 10 minutes along with the harissa and spices. On 4 pitas spread the tomato sauce, vegetables, cheese, lamb and pine nuts. Place on a cookie sheet in the oven for 10 minutes. Finish cooking on broil, and sprinkle with coriander at serving time.

Serve with a green salad.

*For an original form of appetizer, replace the medium-sized pita bread with smaller ones. (You can also substitute traditional pizza dough for the pita bread, placing it in the oven for 30 minutes, or until it is cooked golden-brown.)*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 572; Fat: 22.1 g; Protein: 49.5 g; Cholesterol: 128 mg;

Sodium: 768 mg; Carbohydrate: 42.1 g; Fibre: 3.0 g

# Fresh Canadian Lamb



# Lamb roast with maple and whiskey

Serves four

Preparation time: 20 minutes

Cooking time: 1½ to 2 hours

Cost: \$\$\$

## Ingredients

1	Lamb shoulder roast, de-boned	1
2	Garlic cloves, chopped	2
¼ cup	Whiskey	50 ml
½ cup	Maple syrup	125 ml
½ tsp	Ground cloves	2 ml
1 tsp	Fresh thyme	15 ml
	Salt and pepper (to taste)	
8	Dried apricots	8
3 tbsp	Olive oil	45 ml

## Method

Preheat oven to 425 °F (215 °C). Rub the inside of the roast with garlic, 3 tbsp (45 ml) whiskey and 3 tbsp (45 ml) maple syrup. Add salt and pepper, and sprinkle with cloves and thyme. Spread the apricots along the inside of the roast, then close and tie it. In a pan, heat the olive oil to medium-high. Salt and pepper the outside of the roast, then brown the sides and ends. Transfer it to an oven-proof dish and baste with maple syrup and whiskey. Place in oven, basting it regularly with the broth, for 1½ hours, or until the internal temperature reaches 170 °F (75 °C). Let the finished roast sit for 5 minutes before slicing.

Serve with baby potatoes and roasted root vegetables.

*You can also use slices of the leftover roast to make sandwiches.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 638; Fat: 25.2 g; Protein: 57.3 g; Cholesterol: 180 mg;

Sodium: 197 mg; Carbohydrate: 35.3 g; Fibre: 1.8 g

# Fresh Canadian Lamb



# Rack of lamb with walnuts and blue cheese

Serves four

Preparation time: 20 minutes

Cooking time: approximately 1 hour

Cost: \$\$\$\$

## Ingredients

¼ cup	Blue cheese, crumbs	50 ml
½ cup	Walnuts, chopped	125 ml
2	Shallots, chopped	2
½ tsp	Fresh thyme	2 ml
3 tbsp	Olive oil	45 ml
2	Racks of lamb, trimmed and with fat removed	2
	Salt and ground pepper (to taste)	

## Method

Mix the cheese, nuts, shallots and thyme. Preheat oven to 325°F (165 °C). In a pan, heat the olive oil. Add salt and pepper, then brown the racks of lamb on all sides and ends. Cook in the oven for one hour, or until the internal temperature reaches 160 °F (70 °C). Spread the cheese and nut mix on the surface of the racks, and broil until brown.

Serve with mashed potatoes and green vegetables.

*You can also replace the blue cheese with goats' cheese, and the walnuts with hazelnuts.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 596; Fat: 36.5 g; Protein: 61.9 g; Cholesterol: 186 mg;

Sodium: 310 mg; Carbohydrate: 3.6 g; Fibre: 1.4 g

# Fresh Canadian Lamb



# Lamb curry

Serves four

Preparation time: 20 minutes

Cooking time: 1½ hours

Cost: \$\$

## Ingredients

1¾ lb	Lamb neck or shoulder, cut into 1 inch (2.5 cm) cubes after removing fat	800 g
	Canola oil (to taste)	
2	Garlic cloves, chopped	2
1 tbsp	Ground ginger	15 ml
2	Chopped onions	2
1 tbsp	Indian curry powder (or to taste)	15 ml
1	Can (14 oz / 400ml) coconut milk	1
	Water (sufficient quantity)	
3	Potatoes, large chunks	3
1 cup	Cauliflower, large chunks	250 ml
¼ cup	Green peas, fresh or frozen	50 ml
2	Diced tomatoes	2

## Method

Salt and pepper the lamb. In a heavy pan, heat the canola oil on medium-high and brown the cubes of meat a few at a time. Remove lamb, then brown the garlic with ginger and onions. Re-add the lamb with curry powder, mixing well and basting with coconut milk. Bring to a boil, then cover and simmer 30 minutes on low heat. Add the potatoes, cauliflower, and enough water to immerse the ingredients. Bring to a boil and cover, stirring regularly until the meat is tender. Five minutes before the end of cooking, add the tomatoes and green peas.

Sprinkle with chopped coriander and mint, and serve with basmati rice seasoned with cinnamon, cardamom, and cloves.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 882; Fat: 50.1 g; Protein: 63.8 g; Cholesterol: 180 mg;

Sodium: 230 mg; Carbohydrate: 47.9 g; Fibre: 9.6 g

# Fresh Canadian Lamb



**BBQ**

# Salsa lamb chops

Serves four

Preparation time: 30 minutes + 30 minutes marinating

Cooking time: 5 to 10 minutes

Cost: \$\$\$\$

## Ingredients

12	Lamb chops	12
4	Limes, juice and zest	4
3	Garlic cloves, crushed	3
1 tsp	Chili powder	5 ml
3	Tomatoes, diced	3
2	Garlic cloves, chopped	2
¼ cup	Fresh coriander, chopped	50 ml
1	Jalapeno pepper, chopped	1
½	Onion, chopped	½
	Salt and pepper (to taste)	
1 tbsp	Canola oil	15 ml

## Method

Mix the lamb with lime juice, crushed garlic, and chili powder, and marinate in a glass container covered with plastic wrap for at least 30 minutes (24 hours maximum). For the salsa, combine the rest of the ingredients with 1 tsp (5 ml) of lime zest. Season the chops and cook them on a preheated grill at medium-high heat for 5 to 10 minutes on each side. Serve with the salsa, and a side-dish of black bean rice.

*The chops can also be cooked on the stove, broiled in the oven, or barbecued.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

**BBQ**

## Per serving:

Calories: 322; Fat: 12.4 g; Protein: 43.0 g; Cholesterol: 135 mg;

Sodium: 162 mg; Carbohydrate: 8.8 g; Fibre: 1.0 g

# Fresh Canadian Lamb

**BBQ**



# Lamb burger

Serves four

Preparation time: 10 minutes

Cooking time: 10 minutes

Cost: \$

## Ingredients

1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
1	Shallots, chopped	1
1	Egg, beaten	1
¼ cup	Breadcrumbs	50 ml

## Method

Mix all ingredients with the ground lamb. Make 4 large (or 8 small) patties. Cook on a preheated grill at medium-high for 5 to 10 minutes on each side.

Serve on kaiser buns with lettuce, sliced tomato, thin slices of onion and your choice of condiments.

*You can also add 1 tbsp (15 ml) of dry tomato pesto or basil pesto.*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

**BBQ**

## Per serving:

Calories: 492; Fat: 27.3 g; Protein: 41 g; Cholesterol: 159 mg;

Sodium: 298 mg; Carbohydrate: 21.6 g; Fibre: 3.9 g