



ONE WAY
→

MASTERPIECES • LAMB
PRESENTS
Yes!
LAMB CHUMP
#5130

MASTERPIECES • LAMB
PRESENTS
#5059
-Quality-
NECK FILLET ROAST

MASTERPIECES • LAMB
PRESENTS
SPECIAL
#4990
SQUARE-CUT SHOULDER

MASTERPIECES • LAMB
PRESENTS
LOOK!
#5011
LAMB FLAP



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LAMB
Masterpieces™
VOLUME 1

THE RED MEAT REVOLUTION CONTINUES

WE'VE TAKEN OUR MESSAGE TO THE STREETS;
LITERALLY. WE'RE DEBUNKING THE MYTH THAT LAMB
IS ONLY FOR SPECIAL OCCASIONS OR BIG WALLETS.
LAMB IS SPECIAL, THERE'S NO DOUBT ABOUT THAT,
BUT THE OCCASION DOESN'T HAVE TO BE.

There is nothing like the gorgeous smell of roasting lamb or the addictive taste of juicy lamb kebabs. Lamb is for everyday and for all people. It's a core ingredient celebrated by many cuisines; it's a food that brings people together. It can be used in a dish that is elegantly simple or in a riot of flavours where it definitely holds its own.

Lamb is made up of more than backstrap and cutlets and we want to shine a spotlight on these equally fantastic "other" cuts; cuts we call the Masterpieces. In this edition, we've focused on the forequarter, ribs, rump and the great all-rounder, mince. We selected these cuts after reviewing a range of national and international cuisine styles and trends. We've researched preparation techniques and flavour combinations and with the help of some of Australia's leading chefs showcased a number of cuisine styles proven to transform these everyday cuts into menu Masterpieces.

From street food to fast food, finger food and pub meals, bistro fare or fine dining it's your choice. Take a look at these cuts and techniques - there's certain to be a concept that inspires you. Like the street art that inspired this creative, lamb Masterpieces are long overdue for the recognition they deserve.

We love our lamb Masterpieces and we hope you do too.

Viva la Masterpieces revolution!

Meat & Livestock Australia



NECK & NECK FILLET ROAST

H.A.M.* 5020 & 5059 BUTCHERY

NECK

DESCRIPTION:

Neck (or collar) is prepared from a forequarter by a cut through and between the 3rd and 4th cervical vertebrae.

PREPARATION OF CUT:

Trim any excess surface fat.

CUT SPECIFICATIONS:

- Can be cut into neck chops for braising and stewing
- Recommended cooking methods: Slow Cook, Sous Vide
- Weight range: 400g – 800g

FURTHER CONSIDERATIONS:

- This cut is *bone in* and consists of many muscles and a large amount of connective tissue which breaks down during the slow cooking process.

NECK FILLET ROAST

DESCRIPTION:

Neck Fillet Roast is prepared from a Forequarter by the removal of the Oyster Blade, Blade, Shank, Breast, Flap and Ligamentum Nuchae or *Paddy Whack*. The Neck is removed between the 3rd and 4th cervical vertebrae.

PREPARATION OF CUT:

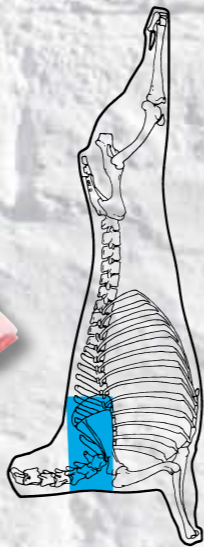
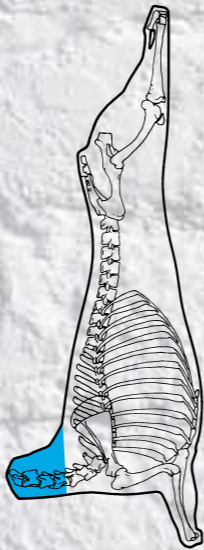
Limited or no preparation required as this cut is supplied boneless - trim excess fat as required. To keep a uniform shape when roasting, truss with food-grade butchers or kitchen twine.

CUT SPECIFICATIONS:

- Specify rib number required when ordering from your wholesaler
- Recommended cooking methods: Grill, Roast, Slow Cook, Sous Vide, Thin Slice
- Weight range: 400g – 700g

FURTHER CONSIDERATIONS:

- The *Eye of shoulder* (H.A.M 5151), which is a portion of backstrap, is found in this cut. See page 34.
- The rib section of the Neck Fillet Roast is sometimes known as a *Lamb Rib Eye Roast*.



GLOBAL FLAVOURS

The lamb neck (or collar) is a fine grained cut of meat that can be left whole with the bone in or cut crosswise into slices. The lamb neck has a great deal of connective tissue which breaks down when cooked slowly over low heat to produce a rich sauce and melt in the mouth tenderness.

The neck can also be cut from further down the carcass to produce a *Neck Fillet Roast*. Sometimes known as a *Lamb Rib Eye Roast*, this cut is boneless and contains a portion of the lamb backstrap. Often underrated, this cut of lamb is a beautiful piece of meat that has great flavour and texture if cooked appropriately. To bring out the natural flavours in this cut, caramelize in a hot pan before roasting.

Many cuisines around the world celebrate lamb as one of their star ingredients – Turkey, Syria, Greece, and Northern India to name a few. All of these cuisines feature classic slow cooked dishes that perfectly suit the textures and features that lamb neck offers.

Greek “oven baked lamb” or *Kleftiko* can be made with many lamb cuts, but lamb neck adds extra juiciness and flavour due to the high levels of connective tissue.

Lamb Stufato; a traditional lamb stew seen on the islands of Sardinia and Corsica is the perfect comfort food.

For a spectacular centrepiece, butterfly the neck fillet and stuff with cannellini beans, hazelnuts and cavolo nero, truss and roast to medium doneness. Carve and serve with seasonal vegetables or salad.

In Japan, the neck fillet can be used to produce *Misoyaki lamb*. In this dish a sweet and salty marinade compliments the natural flavours of lamb.

Slow cooked and shredded, the neck can be stuffed into ravioli and pies, or rolled and deep fried into tasty *lamb morsels*. This cut has an application for any menu and is well worth investigating for creative menu ideas.

BEST COOK METHODS

NECK HAM, 5020 SLOW COOK :

The neck is made up of many muscles and a high amount of connective tissue so it suits long slow braising on a low heat or sous vide cooking. Trim any excess surface fat before cooking. The neck can be kept whole during the cooking process and the meat peeled off the bone once cooked or it can be cut into neck chops for cooking and served on the bone.

MENU APPLICATIONS :

- Kleftiko • Moussaka • Lamb Ragu • Lamb and minted pea pie • Curries • Tagines
- Lamb stew with creamy mash • Pinot noir braised lamb with wilted greens • Lamb morsels • Lamb with pea shoots, Syrian Aleppo pepper and Greek yoghurt • Lamb and pearl barley soup • Lamb pastilla

NECK FILLET ROAST HAM 5059 GRILL :

Thin sliced neck fillet roast is perfect for Korean BBQ style cooking and quick pan fry cooking. Marinate for a short time before cooking or simply oil, season and quick cook over a hot grill pan.

SLOW COOK :

Very little preparation is required for this cut other than trimming any excess fat. This piece of meat has a good amount of connective tissue that breaks down in the cooking process contributing to the flavour and gelatinous texture. Cut into cubes and slow braise over low heat. The neck fillet roast can also be cooked sous vide, a gentle cook method which assists in intensifying flavours and retaining moisture whilst breaking down the connective tissue at the same time.

ROAST :

Keep some fat cover to ensure the roast doesn't dry out during cooking. Sear in a hot pan or moderate oven and slow roast to prevent excess weight loss. Covering in a crust or wrapping with bacon or prociutto can assist in reducing moisture loss as well as adding flavour.

THIN SLICE :

To use for poaching in steam boats and broths, chill the neck fillet roast to stabilise the fibres then slice very thinly on a slicing wheel.

MENU APPLICATIONS :

- Shabu Shabu • Roast lamb with vegetables • Roast lamb sandwiches
- Misoyaki Lamb • Braised lamb on white bean and tomato stew • Kleftiko
- Korean BBQ • Yakiniku • Lamb ragu • Lamb skaras • Cassoulet of lamb
- Lamb stuffed with cannellini beans and hazelnuts • Lamb bulgogi

LAMB MORSELS WITH PEA PUREE AND BEETROOT

MAKES 24 MORSELS

1 lamb neck, bone in (approx 700g)

1 carrot, diced
1 onion, diced
1 celery stalk, diced
Red wine to cover
Lamb stock

2 onions, sliced
100g butter
1 sprig of thyme
Pinch of salt
10g fresh mint, chopped

Japanese breadcrumbs

BÉCHAMEL SAUCE

100g butter
100g flour
250ml milk
1 bay leaf

PEA PUREE

1 diced shallot
50g butter
100g peas
Water to cover
Pinch of salt

METHOD FOR LAMB

Mix the carrot, onion, celery and wine. Add the lamb neck and marinate overnight. Next day, drain the lamb neck from the marinade, setting it aside for later use. Seal the lamb in a hot pan. Add the retained marinade (the Mirepoix and the remaining wine) to the pan and add the lamb stock to cover. Braise for several hours until the meat comes away from the bone. Retain the reduced braisage for later use. In another pan, sauté the onions with the butter, sprigs of thyme and salt. Cover with a lid until starting to catch. Finish off until caramelised, then add the fresh mint. Shred the lamb with a fork and add to the onion and mint mix. Next add the reduced braisage to the lamb mix to bind. Season well and roll into balls and refrigerate. Once chilled, remove the balls from the fridge and run through the thick béchamel. Refrigerate to set. Once set, crumb in Japanese breadcrumbs and fry until golden.



METHOD FOR PEA PUREE

Sauté off the shallot in half the butter then add 200ml water. Bring to the boil until the shallot is cooked then add the peas and cook until tender. Drain and puree with a little of the water and the rest of the butter for a nice shine. Season to taste.

TO SERVE

Make a spoon lick of pea puree, and place a lamb morsel on top. Serve with fresh peas in butter and garnish with some roasted beetroot.

RECIPE BY Shannon Whitmore, Rustico Tapas & Bar, WA

LAMB WITH PEA SHOOTS, ALEPPO PEPPER, GREEK YOGURT AND LAMB JUS

SERVES 2

1 lamb neck, bone in

½ carrot
½ white onion
1 head garlic
1 cup white wine
85g peas
½ bunch pea shoots

2 tbsp Greek yogurt
Pinch Aleppo pepper

METHOD FOR LAMB NECK AND PEAS:

Braise the lamb neck with the carrot, onion, garlic and white wine, adding enough water to cover. Retain half of the braising liquid for next time you braise, and reduce the remaining half to finish the plate. When the braised lamb is tender, de-bone it and press it between two trays. Crisp the pressed lamb in a very hot fry pan. Cook the peas.

TO SERVE

Put the yogurt on a serving plate and cover with peas and pea shoots. Place the crispy lamb on top and finish with spoonfuls of reduced braising liquid and Aleppo pepper.



RECIPE BY Bobby Hellen, Resto, NY (adapted by StarChefs.com)

MISOYAKI LAMB

SERVES 4

4 x 80g Neck fillet roast

300g Saikyo miso
300ml sake
80ml soy sauce
100ml mirin
Bamboo leaf
Yamamomo*

PICKLED BABY RADISH

Rice vinegar
Sugar
Salt
Baby radish

METHOD FOR PICKLED RADISH

Mix the soy sauce and the mirin together for later use. Melt the sugar and salt with the vinegar and bring to a low heat. Stir until the sugar and salt dissolve. Cool and add the baby radish. Set aside.

METHOD FOR LAMB

Mix the Saikyo miso and the sake to a smooth paste and set aside. Marinate the lamb neck fillet with the miso mixture. Place in a zip lock bag and sous vide for 40 minutes at 63°C. Take out and put in an ice water bath until cool. Wipe off the paste and grill until a nice golden colour on a salamander, and baste with the soy and mirin sauce.

Line a plate with pieces of fresh bamboo leaf. Slice the neck fillet and arrange on a plate. Garnish with a yamamomo and pickled baby radish.

* Yamamomo is Japanese mountain peach, with a mild sweet flavour and slightly acidic.

RECIPE BY Allan Koh, Crown Culinarium, VIC



TOMATO BRAISED LAMB WITH POLENTA

SERVES 8

2kg lamb neck fillet, boneless, diced 1cm x 1cm

18g sea salt
2g ground black pepper
300ml extra virgin olive oil
300g onions, finely diced
10g garlic, finely diced
2kg pureed tomato
1 fresh bay leaf

POLENTA

2L water
2 tsp salt
310g instant polenta
25g butter
45g shredded parmesan
Salt and freshly ground black pepper
80ml extra virgin olive oil

METHOD FOR LAMB

Season the diced lamb with the sea salt and pepper. Heat half the olive oil in a large pot and brown the pieces evenly on all sides. Remove the browned lamb from the pot and set aside in a baking tray. Add the remaining olive oil to the same pot to which you browned the lamb and add the diced onion, garlic and herb. Sauté for five minutes or until translucent. Add the pureed tomato. Bring to the boil before lowering the heat slightly and placing the lamb back into the pot. Slowly bring to the boil again then reduce to a simmer. Check for seasoning and adjust accordingly. If the tomatoes are not as ripe and sweet as they should be, a little sugar can be added. Cooking time may vary and will take somewhere between two and three hours. The lamb should be fork tender, with the meat just beginning to fall apart. Remember to constantly stir the sauce to avoid ingredients sticking to the bottom of the pot and burning. A little stock may be required if the sauce becomes too thick. Do not try and reduce this sauce.

METHOD FOR POLENTA

Line the base and sides of a 20 x 30cm (base measurement) baking pan with plastic wrap. Place the water and salt in a large saucepan over high heat. Bring to the boil. Gradually add the polenta in a thin steady stream, stirring constantly with a wooden spoon until incorporated.

Reduce heat to low and cook, stirring constantly, for four to five minutes or until the polenta thickens and leaves the side of the pan. Remove from heat. Stir in butter and half the Parmesan. Season with salt and pepper. Spoon into prepared pan and smooth the surface. Set aside for one hour to cool. Preheat oven to 200°C. Turn the polenta onto a clean work surface and cut into 8 rectangles. Cut each rectangle in half diagonally. Place the polenta triangles, in a single layer, on a large baking tray. Drizzle with the oil and sprinkle with the remaining Parmesan. Bake in the preheated oven for 15-20 minutes or until golden brown and heated through.

TO SERVE

Plate the oven-baked polenta with the tomato braised lamb neck and serve immediately.



RECIPE BY Felicity Goodall, Pendolino, NSW

SQUARE CUT SHOULDER

H.A.M. 4990 BUTCHERY

DESCRIPTION:

Square Cut Shoulder is prepared from a Forequarter by removing the Neck (5020) by a straight cut between the 3rd and 4th cervical vertebrae. The Breast and Fore Shank are removed by a cut commencing at the junction of the 1st rib and 1st sternal segment continuing to the specified rib running parallel to the backbone.

PREPARATION OF CUT:

Limited preparation required as this cut comes trimmed and on the bone. This cut can be produced as a boneless product rolled and tied/netted (H.A.M 5050).

CUT SPECIFICATIONS:

BONE IN

- Specify rib number required.
 - H.A.M 4992 6 – rib
 - H.A.M 4991 4 – rib
 - H.A.M 4990 5 – rib
- Neck and Breast removal points
- Chine and Feather bones removed
- Recommended cooking methods: Roast, Slow Cook
- Weight range: 1.5kg – 2kg

BONELESS

- Specify rib number required
- Specify surface fat trim level
- Removal of the Ligamentum Nuchae or *Paddy Whack* and lymph node glands
- Recommended cooking methods: Roast, Slow Cook, Sous Vide
- Weight range: 1.2kg – 2.5kg

FURTHER CONSIDERATIONS:

Other cuts that can be derived from the lamb shoulder include; *Oyster Cut* (H.A.M 4980) and *Banjo Cut* (4995). See page 34. Talk to your wholesaler about the different options available to suit your needs.

A *Lamb Shoulder Rack frenched* (H.A.M 4739) is produced from the Square Cut Shoulder. See page 34. This cut provides an economical alternative to a traditional 8 point lamb rack from the loin. Removing the cap muscle leaves a leaner piece of meat, which suits grilling methods. Alternatively, add a crust to add juiciness and retain moisture to roast. *Cap On* Shoulder Rack suits slow roasting or braising methods.



Square cut shoulder



Boneless rolled shoulder

GLOBAL FLAVOURS

Lamb is a meat that needs very little done to it as it has incredible flavour already and the lamb shoulder is a great example of this. Simply season and slow roast this cut to produce sweet, juicy meat that is full of flavour.

Lamb can be complemented by a multitude of spices and aromatics so the opportunities to be creative with recipe development are endless.

The national dish of Jordan is *Mansaf*: lamb on the bone seasoned with herbs and spices, cooked in yoghurt and served with rice and nuts. *Mansaf* translates as "explosion" - the perfect descriptor for the flavour burst it brings to the mouth. Lamb shoulder is perfect for this dish with its layers of connective tissue that melt in the cooking process adding flavour and texture to the dish.

A curry that suits most palates is the mild and aromatic *lamb Pasanda* from Northern India. Traditionally made with flattened strips of lamb cooked in a creamy yoghurt sauce flavoured with cumin, garam masala, ground almonds, cinnamon and garlic. This traditional curry is great for curry novices, children and everyone in-between. This dish is perfect for buffets, winter specials, bar meals and canapé menus.

Fruit and nut flavours work well with lamb so it's no surprise that lamb is the preferred meat in Morocco – a cuisine that often pairs meat and fruit in dishes. One of the most famous of Moroccan dishes; the tagine, showcases this match beautifully.

Seasoned, stuffed and roasted, braised, thin sliced for grilling or poaching, lamb shoulder is an extremely versatile cut that allows for so many menu options.

BEST COOK METHODS

ROAST : BONE IN

Remove the feather and chine bones before roasting. Leave the rib bones if desired to produce a forequarter rack/shoulder rack. Leave some fat cover on top of the shoulder, oil and season, brown in hot pan and slowly roast whole in oven. Peel the meat off the bone to serve.

SLOW COOK : BONE IN

Cut shoulder into large pieces keeping the bone in and braise over low heat until the meat falls off the bone. The connective tissue will break down during the cooking process adding flavour and a gelatinous texture.

MENU APPLICATIONS :

- Roasted marinated lamb shoulder with panir cheese filling and sesame chutney
- Aloo Gosht (lamb and potato curry) • Italian lamb stew with white wine and green beans • Lamb Mansaf • Roast lamb sandwich

ROAST : BONELESS

Truss shoulder to retain shape. Trim fat to desired level but ensure there is some fat coverage to maintain moisture. Oil and season, and sear in a hot oven or pan and slow roast to prevent excess moisture loss.

SLOW COOK : BONELESS

A perfect cut for slow cooking, boneless shoulder has a good amount of connective tissue which breaks down during the slow cooking process to produce incredible flavour and texture to the dish. Cut into cubes for curry style dishes or cut into larger portions and serve as braised steaks. Always brown the meat before adding liquid to help caramelise the sugars in the meat.

THIN SLICE : BONELESS

For cooking quickly over high heat, first chill the boneless rolled shoulder and then slice very thinly (2mm) on a slicing wheel. Marinating the thin sliced meat for several hours will assist in tenderisation.

MENU APPLICATIONS :

- Andhra lamb curry • Navarin Printanier (lamb stew with vegetables)
- Lamb Kebab with Lebanese crackers and tomato sauce • Lamb Kakuni
- 28 hour Lamb with Cumin, Honey & Baby carrots • Roast lamb stuffed with fragrant cous cous • Braised lamb with stout and black pepper and creamed polenta • Lamb Dhansak (lamb and lentil curry) • Roast lamb with root vegetables and gravy • Lamb Pasanda • Sweet Lamb Ragout with quince • Stufato Milanese (Milanese stew) • Roast lamb sandwich

LAMB KEBAB WITH LEBANESE CRACKERS AND TOMATO SAUCE

SERVES 4

800g boneless lamb shoulder, cut into strips 2x2x5mm

MARINADE

1 cup olive oil
5 tbsp lemon juice
Bunch fresh basil, chopped
Salt and pepper to taste

TOMATO SAUCE

3 cloves of garlic
1 cup water
1 tbsp sugar
400g tin crushed peeled tomatoes
50g onion, minced
20g chillies, minced
20g fresh basil, minced

8 slices Lebanese bread, crisped in oven
1 cup of fresh labneh

METHOD

Mix all the marinade ingredients, add the lamb and marinate for two hours. Thread the marinated lamb onto skewers and grill gently until cooked. Place all the tomato sauce ingredients in a blender and blend to smooth. Pour into a saucepan and simmer for 10 minutes until thickened slightly. Serve lamb kebabs alongside your favourite salad or on top of rice, topped with the tomato sauce and crisp Lebanese bread spread with labneh.



RECIPE BY Tarek Ibrahim, Bahrain, ME

BRAISED LAMB WITH STOUT AND BLACK PEPPER & CREAMED POLENTA

SERVES 4

1 boneless lamb shoulder
2 carrots, roughly cut
2 sticks celery, roughly cut
1 onion, roughly cut
200g walnuts, plus extra for garnish
2L strong lamb or beef stock
500ml stout
Black peppercorns
Bay leaves
Bouquet of fresh herbs

POLENTA

500ml milk
60g fine polenta
40g grated Parmesan
Salt and freshly ground white pepper
Julienne of fried leek for garnish

METHOD FOR LAMB & SAUCE

Seal the lamb shoulder on all sides then sit on a bed of the roughly cut vegetables and most of the walnuts. Add the stock and stout, peppercorns, bay leaves and herbs, then cover with aluminium foil and place in a 180°C oven for approx 1.5 hours. When cooked, break the lamb into large chunks and set aside for serving, retaining the roasting liquor. Strain the liquor and remove any excess fat, reserving the liquor. Mouille the vegetables and add to the strained roasting liquor. Bring this sauce to the boil then simmer until it has reached the desired consistency.

METHOD FOR POLENTA

Bring the milk almost to boiling point then add the polenta and ground Parmesan, making sure that both are thoroughly mixed in. Stir the polenta until it starts to thicken then add the salt and pepper to taste. Let the polenta rest for five minutes before using.



TO SERVE

Put a spoon of the soft polenta in the centre of a large dish and place a "chunk" of the lamb on the polenta. Add the sauce around the dish and garnish with a julienne of fried leek and extra walnuts.

RECIPE BY Greg Farnan, The Old Brewery, WA



LAMB KAKUNI

SERVES 6

Lamb shoulder (boneless) – 900gm cut into 6 pieces
Vegetable oil

125ml soy sauce
125ml mirin
250ml sake
500ml water or stock
80g sugar
50g kombu
5 pcs dried shiitake mushrooms
1 carrot, peeled and cut into pieces
1 daikon, peeled and cut into pieces

METHOD

Preheat the oven to 120°. Lightly sear the lamb, remove from heat and pat dry with absorbent paper. Mix soy sauce, mirin, sake, water or stock, and sugar together and add the kombu and dried shiitake mushrooms. Set aside. Heat the oil in a large flameproof casserole dish, large enough to hold the lamb, over medium-high heat. Sear the lamb until golden brown. Remove from heat and drain the fat. Return the lamb to the heat. Place the carrot and daikon around the meat. Add the soy sauce mixture to cover the lamb by an inch and bring to a simmer over high heat. Cover and transfer to the oven. Braise gently until the lamb is tender (at least five hours) then turn off the heat and chill.

TO SERVE

To reheat, bring lamb back to room temperature and heat to a core temperature of 65°C. Serve with a bowl of steamed rice and miso soup.

RECIPE BY Allan Koh, Crown Melbourne, VIC

28 HOUR LAMB SHOULDER WITH CUMIN, HONEY & BABY CARROTS

SERVES 6

COOKING TIME: 28 + 1 HOUR
(MUST ALLOW 3 HOURS RESTING AND 24 HOURS TO COOK)

1.5kg boneless lamb shoulder
1 tbsp cumin seeds
1 tbsp ground cumin
200g coarse rock salt
4 cloves garlic
4 bay leaves
4 sprigs thyme

3 cloves garlic, peeled
½ onion, peeled and finely diced
3 carrots, peeled and diced
1 tsp cumin powder
50ml cream

24 baby carrots, washed
1 tbsp cumin seeds
50g honey
50g butter
Salt and pepper
2 tbsp pine nuts, toasted

METHOD FOR PREPARING LAMB - BEGIN THE DAY BEFORE

Wash the lamb shoulder, pat dry and place to one side. Place the cumin seeds, ground cumin, rock salt, garlic, bay leaves and thyme in the blender, or mortar and pestle, and mix together until evenly combined. Rub the mixture over the lamb and leave for three hours. Wash off all the excess rub and pat dry. Place the lamb shoulder into a sous vide bag, seal and cook at 63°C for 24 hours.



METHOD - ON THE DAY

To make the carrot puree, sweat off the onion and garlic with a pinch of salt in a pot until they begin to soften. Add the chopped carrots and cumin powder and continue to sweat for a further two minutes. Fill the pot with water halfway up the carrots and put the lid on. Leave to cook through for a few more minutes. Add the cream, season well and place in a blender and process until smooth. To cook the baby carrots, sauté in a pan until nice and golden. Add cumin seeds, honey and butter and continue cooking until the butter browns. Take the pan off the heat and leave the carrots in the pan for a further few minutes to cook through. Season and serve.

TO SERVE

Remove the lamb from the bag (keep the juices if you would like to make a gravy, however the lamb will be very tender and the carrot puree balances it perfectly). Slice the lamb to your desired portion size. Spoon the warm carrot puree onto your serving dish, place the lamb on top and finish with the baby carrots, a drizzle of burnt butter and sprinkle of toasted pine nuts.

RECIPE BY Warren Turnbull, District Dining/Assiette, NSW

FLAP

H.A.M. 5011

BUTCHERY

DESCRIPTION:

Flap or belly is prepared from a Breast & Flap (item 5010) by a straight cut between the 5th and 6th ribs and consisting of the remaining caudal portion and abdominal muscles.

PREPARATION OF CUT:

This cut contains a portion of the rib bones. Remove if required.

CUT SPECIFICATIONS:

- Specify bone in or boneless
- Recommended cooking methods: Panfry/Grill, Roast, Braise
- Weight range: 1kg – 1.7kg

FURTHER CONSIDERATIONS:

An alternative set of ribs found on the Forequarter come from the *Square Cut Shoulder*.

These ribs are known as *Riblets*. These Riblets are made up of a good amount of juicy meat and are perfect for grilling and roasting, or braising.



GLOBAL FLAVOURS

Lamb flap, often known as *lamb belly* is a rich, unctuous cut of lamb that is often forgotten but worthy of much hype. Consisting of layers of full flavoured meat and rich lamb fat, this cut suits bold flavour combinations and multiple executions; think cured, smoked, braised, roasted, confit, layered, crisp, moist, or shredded.

Lamb belly contains a portion of rib bones which can be cut into individual ribs to make the most fantastic addition to your bar, shared plates or canapé menu. Pan-fry to caramelise the outside, then roast to render down the fat. For a crispy finish, quickly fry in a hot pan. Alternatively, boil the ribs in an aromatic broth then finish in an oven or fry-pan basting with your favourite sauce.

For a French twist, *Lamb belly daube* is perfect comfort food, or for a lighter meal, *lamb belly BLT* is the ultimate sandwich.

Many restaurants in the U.S. use lamb belly on their bar and small plates menus as it allows greater menu creativity and delivers bite sized flavour bombs. Mini tacos filled with smoked BBQ lamb belly, crispy cubes of skewered smoked lamb, lamb pancetta, lamb belly sandwich or braised lamb with spinach and minted yoghurt are some creative examples.

As lamb belly has a lot of fat and connective tissue, it suits long slow cooking over low heat in a kettle style BBQ or oven. Remove the bones from the belly and stuff with your favourite ingredients. Roll and truss to retain shape while cooking.

BEST COOK METHODS

PAN FRY / GRILL :

If using riblets cut into individual ribs, trim excess fat, leaving some fat for flavour and juiciness. Score silver skin to assist the cooking process. Cook in a hot pan or grill basting with a sauce or dry spices. To ensure the fat and meat is cooked through, finish in an oven.

ROAST :

Lamb belly contains a high amount of fat and connective tissue so roasting at a lower temperature for longer allows the fat to render and connective tissue to break down.

Add dry rubs for roasting, or bone out the belly and stuff and roll.

Weighing down the belly when dry roasting helps to prevent the meat contracting and allows the whole piece to come into contact with direct heat.

If roasting in liquid, crisp up pieces in a fry pan to finish.

BRAISE :

Due to the high amount of connective tissue and fat, lamb belly suits long slow wet cooking. Braise with bones in or remove beforehand. With its high amount of connective tissue and fat, the belly produces a wonderful rich flavour which can be paired with many other ingredients.

MENU APPLICATIONS :

- Denver lamb ribs • Dry fried lamb ribs • Kashmiri style sticky ribs
- Pan fried ribs in honey and red pepper paste • Lamb and Aubergine epigramme • Kettle cooked lamb belly • Lamb belly stuffed with apricots • Rolled lamb belly stuffed with spinach, fetta & herbs

LAMB BIRYANI WITH KASHMIRI STYLE STICKY RIBS

SERVES 6-8

1kg lamb shoulder, cubed

30ml ghee or mustard oil

6 pods green cardamom

4 pods black cardamom

½ tsp whole mace

4cm stick cinnamon

4 green chillies, split

2 tbsp each ginger and garlic paste

1 cup yoghurt

Pinch salt

RICE

500g basmati rice, rinsed

60ml ghee

4 pods green cardamom

6cm stick cinnamon

4 green chillies, split

¼ cup yoghurt

Salt to taste

1 tbsp saffron thread, dissolved in luke warm milk

½ tsp turmeric

RIBS

4 rib lamb riblets, 2 sets

1 tbsp garlic paste

Salt to taste

2 tsp ginger powder

6 cloves

6 pods black cardamom

2 tsp turmeric

500ml ghee

Water

TO SERVE

Flavour rice with kewra water* and stir through cooked cubed lamb. Garnish with hard boiled egg, fried nuts, sultanas and panfried rib meat.

*An extract distilled from pandanus flowers and used to flavour meats, drinks, and desserts in India and Southeast Asia. Substitute: Rose water or Kewra essence (more concentrated)

RECIPE BY Ragini Dey, Spice Kitchen, SA

METHOD FOR LAMB

To cook the lamb and stock, heat the mustard oil or ghee, add the whole spices and chillies, then the ginger and garlic. Add the lamb, yoghurt and salt. Add water to cover the meat and simmer with the lid on until tender (about one hour).

METHOD FOR RICE

In a separate large saucepan heat the ghee, add whole spices and chillies and the washed and drained rice. Sauté until the ghee coats each grain of rice. Add the lamb and stock, then yoghurt, salt and saffron milk. Bring to a boil, then reduce heat to minimum and cook covered until almost all the stock has been absorbed. Dissolve the turmeric in a little water and pour it in one spot on top of the almost cooked rice. Continue cooking until all the moisture is absorbed and the rice is cooked.

METHOD FOR RIBS

In a large saucepan, bring the water to a boil and add the ribs. Cook, removing scum, until the water is clear. When the ribs are half done (about 20 minutes) add the garlic. After another 10 minutes, add salt and continue cooking until the ribs are soft. Drain, cool and soak in cold water. Divide the ribs with a sharp knife into 8 pieces. Boil the water in which the ribs were soaked. Add ribs, salt, ginger and spices. Cook until the bones come away easily from the meat. Drain and remove all bones. In a large frypan, place the rib meat in one layer. Pour over the ghee. Fry until well browned. Remove from ghee.

DENVER LAMB RIBS

SERVES 8 AS A SHARED PLATE

4 rib lamb riblets, 8 sets or

2 lamb flaps/belly trimmed to individual rib portions

Fine cornmeal to coat

RUB

½ cup brown sugar

1 tbsp ground cumin

2 tbsp ground coriander seed

2 tbsp garlic powder

2 tbsp onion powder

¼ cup smoked paprika

1 tsp cayenne pepper

2 tsp dried rosemary, chopped

2 tsp ground black pepper

2 tbsp salt

BBQ SAUCE

½ cup tomato sauce

¼ cup cider vinegar

2 tbsp packed dark brown sugar

¼ cup green chillies, diced

1 tbsp Worcestershire sauce

1 tbsp soy sauce

1 tbsp butter

1 tsp dry mustard

1 tsp onion powder

½ tsp chili powder

2 cloves garlic, crushed

Pinch of cinnamon powder

METHOD FOR LAMB

Heat oven to 160°C. Mix all rub ingredients together. Trim lamb ribs of excess fat, divide into individual ribs, sprinkle rub mix liberally over ribs and refrigerate for one hour. Remove ribs and place in a baking tray. Add half an inch of water to the tray, cover with foil and place in the preheated oven. Bake for 1½ hours. Remove ribs from tray and cool. Roll ribs in the fine cornmeal and fry till crispy. Serve with the BBQ sauce for dipping. Alternatively, grill the ribs and baste with the BBQ sauce.

METHOD FOR BBQ SAUCE

Place all ingredients in a saucepan and simmer until thickened. Cool, then use as baste or dipping sauce.

RECIPE BY MLA, Washington DC, USA

LAMB AND AUBERGINE EPIGRAMME

SERVES 10

2 lamb flaps (belly) – 400g each, bone in

2 aubergine, sliced and pan-fried

200g rock salt

1 bulb garlic, halved

Sea salt

2L olive oil

Freshly ground pepper

SPICE MIX

1 cinnamon quill

1 star anise

6 coriander seeds

5 white peppercorns

1 sprig thyme

1 sprig rosemary

1 bay leaf

CRUMB

100g plain flour

2 large eggs

100ml milk

500g Panko bread crumbs

METHOD

Grind the spice mix together with a mortar and pestle. In a bowl, mix the rock salt and spice mix together. Rub all over the lamb belly. Place on a non-reactive tray, wrap with cling wrap and refrigerate to cure for two hours. Remove the lamb and wash off the salt mix. Pat dry with absorbent paper and set aside. Place the oil into an oven-proof tray and warm over a moderate flame to 70°C. Immerse the lamb belly and garlic in the oil, then cover with silicon paper and alfoil. Place in oven to cook (confit) for two hours. To see if ready, try to pull the bones out. When ready, the bones slip out with no resistance. Remove all bones.

When the belly is cooked, remove from oven and leave to stand in oil for 30 minutes. Carefully remove the lamb and drain well. Remove the garlic and crush it. Place one lamb belly on a solid tray. Spread a layer of garlic onto the lamb belly, and top with aubergine slices, followed by the other lamb belly. Place a tray on top and add a weight, increasing the weight every hour for three hours. Allow to sit overnight. Cut into 10 even fingers and panee using flour, egg, milk and breadcrumbs. Fry to order, season, and garnish as desired.



RECIPE BY Matt Kemp, Restaurant Balzac, NSW

PAN-FRIED LAMB RIBS IN HONEY AND RED PEPPER PASTE

SERVES 2 AS A SHARE PLATE

4 rib lamb ribs – two sets

Herb salt and olive oil for seasoning

Sea salt

Lime

SAUCE

2 tbsp Gochujang (red pepper paste)*

2 tbsp honey

2 tbsp mirin

2 tbsp rice wine vinegar

2 tsp minced garlic

4 tsp water

1 tsp ginger juice or powder

METHOD

Cut excess fat off the lamb ribs. Season the ribs with the herb salt and olive oil. Heat the frying pan and pan fry the ribs to brown. Pour in the sauce to coat the ribs and heat. Remove the ribs from the pan and place in a baking tray. Cook in a moderate oven, basting with sauce from the frypan, until crispy and sticky (at least half an hour). Remove ribs from oven and season with sea salt and a squeeze of lime to serve.

*Gochujang – a Korean condiment made from red chili powder, glutinous rice powder mixed with powdered fermented soybeans and salt.



RECIPE BY Ms. Moon Sung Sil, Food Blogger, Korea

RUMP

H.A.M. 5130

BUTCHERY

RUMP CAP ON (CHUMP)

DESCRIPTION:

Chump is prepared from a *Leg Chump On Boneless* (item 5060) and is removed by a straight cut approximately 12mm from the hip joint and at right angles across the primal.

PREPARATION OF CUT:

This cut can be tied with food grade butchers or kitchen twine to keep a uniform shape while cooking.

The Chump can be further trimmed to remove the cap muscle (denuded) and the subcutaneous fat, if a leaner cut of meat is preferred. This is known as a *Denuded Rump* H.A.M 5074.

CUT SPECIFICATIONS:

- Specify surface fat trim level
- Specify Cap On (CHUMP) or Cap Off (RUMP)
- Recommended cooking methods: Roast, BBQ/Grill, Stir Fry
- Weight range: 100g – 300g

FURTHER CONSIDERATIONS:

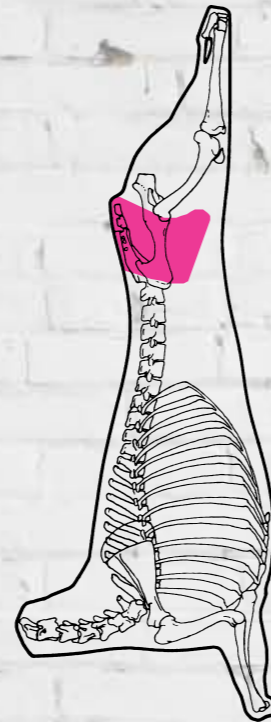
For best results, sear in a hot pan/grill first, then transfer to oven to finish. Cook to no more than medium.



Cap on



Denuded



GLOBAL FLAVOURS

Already popular in the Foodservice industry this cut has star qualities that suit any contemporary menu. Of all of the cuts in the leg, this one has enough tenderness to perform when cooked medium rare to medium.

Full of flavour and great texture, the lamb rump is at its best when pan fried quickly before finishing in an oven. Carved and served as the centre of plate, or served in a duo of lamb alongside a slow cooked lamb dish such as *Roast lamb rump with flageolet beans and eggplant chartreuse*.

The lamb rump is a versatile cut that can be used across all seasons from a mini lamb roast meal, carved and served as a steak or sliced and placed on salads. It satisfies those customers that like a grilled piece of meat and assist chefs with lower plate costs compared to backstrap or fillet.

For extra flavour, the cap can be left on for cooking. Score the fat and season, and cook cap side down to render the fat before finishing in the oven.

For a leaner piece of meat, denude the rump by removing the cap and all silver skin. This can be butterflied and then stuffed and rolled for roasting, or sliced into strips for stir-frying.

BEST COOK METHODS

GRILL :

Slice chump into steaks and grill to medium rare / medium.

ROAST :

A perfect cut for roasting with great flavour and tenderness. This cut is best served medium rare to medium. Cooked cap on or cap off, first sear in a hot pan to brown then transfer to oven.

STIR FRY :

Denude* the Chump and slice into thin strips for stir frying (approximately 4mm thick).

MENU APPLICATIONS :

- Lamb mini roast • Yakniku • Korean BBQ • Lamb bulgogi
- Lamb souvlaki • Roasted lamb rump with eggplant caponata
- Date and pistachio crusted lamb • Z'atar spiced lamb, fattoush salad and Persian fetta • Roast lamb rump with flageolet beans and eggplant chartreuse • Lamb rump steaks

* Denude - to remove fat and silver skin from primal.

Z'ATAR SPICED LAMB, FATTOUSH SALAD AND PERSIAN FETTA

SERVES 4

4 lamb rumps, cap off, denuded
Olive oil
Z'atar spice
Lemon zest
Mint leaves, picked
Salt

FATTOUSH SALAD

Mint leaves, picked
Breakfast radishes, quartered
Vine-ripened tomatoes
Lebanese cucumbers, cut into circles

Red onion, sliced
Purslane sprigs
Sumac
Salt
Good olive oil
Lemon juice, freshly squeezed
Salad leaves (optional)
Pita bread, toasted or fried
Good Persian fetta
Pomegranate seeds
Baby mint leaves for garnish

METHOD FOR LAMB

Marinate the lamb rumps in olive oil, a good pinch of z'atar, lemon zest and mint leaves. Drain off excess marinade, season with salt then seal the lamb rump on both sides in a heavy-based pan over medium heat. Place in a hot oven for 6-8 minutes (or until the internal temperature is 53°C). Do not cook to more than medium rare/medium. Rest in a warm place.

METHOD FOR SALAD

Cut the salad items into interesting and different shapes. Combine the mint leaves, radishes, tomatoes, cucumbers, red onion and purslane sprigs and dress with the spices, olive oil and lemon juice.

TO SERVE

Carve the lamb rump into 5 or 6 slices. Arrange the Fattoush salad in the centre of the plate. Place the lamb slices over the salad, add the Pita bread, and garnish with the fetta, pomegranate seeds, baby mint leaves and a drizzle of olive oil.

RECIPE BY Scott Pickett, The Point, VIC

DATE AND PISTACHIO CRUSTED LAMB

SERVES 4

2 lamb rumps, cap off denuded

2 tbs corn oil

4 tbs seasoned flour

1 egg + 1 tbs water, beaten

2 cups date paste, softened with butter

1½ cup pistachios, chopped

Salt and pepper to taste

METHOD

Preheat oven to 180°C. Tie the lamb rumps with twine, brush with oil, season with salt and pepper and sear on all sides in a hot pan. Remove from pan and allow to cool for an hour. Remove twine and roll the lamb in flour and coat with whipped egg mixture. Spread the softened dates onto baking paper and wrap around the lamb rump to encase it. Refrigerate for one hour. Before baking, wrap again in foil. Place the lamb on a tray in the oven, cook for 15 minutes for medium rare. Allow the meat to rest for five minutes and remove the lamb from the wrappings. Roll in chopped pistachios. Slice and serve with cous cous or your favourite side.



RECIPE BY Tarek Ibrahim, Bahrain, ME

ROASTED LAMB RUMP WITH EGGPLANT CAPONATA

SERVES 6

6 lamb rumps, cap on, trimmed of excess fat

LAMB MARINADE

2 **tbsp** rosemary
2 **cloves** garlic
1 **tsp** sea salt
2 **tsp** balsamic vinegar
2 **tbsp** olive oil

CAPONATA

1.25**kg** eggplant, diced into 4cm cubes
200**g** celery, diced into 1cm cubes
425**g** brown onion, diced
2 **cups** roasted tomato sauce (made from oven roasted tomatoes mouleed)
4 **tbsp** white sugar
¾ **cup** red wine vinegar, reduced by half
1½ **tbsp** salted capers, blanched
¾ **cups** green olives, sliced
75**ml** olive oil
Basil leaves
Parsley

Reduced lamb stock to serve
Balsamic vinegar to serve
Extra virgin olive oil to serve

METHOD FOR MARINADE

Pound the rosemary, garlic and salt together in a mortar and pestle to make a paste. Add the balsamic vinegar and olive oil. Mix the marinade well. Rub into the lamb and leave overnight.

METHOD FOR CAPONATA

Deep fry the eggplant until well coloured but not too soft and drain on paper towel. Deep fry the celery until crispy and nicely caramelised. In a saucepan fry the onions in 75ml olive oil until caramelised. Add the roasted tomato sauce and boil for two minutes. Add the sugar and vinegar and cook until the mixture is thick. Remove from the heat and fold in the eggplant, celery, capers and olives. Allow to sit for a few hours for the flavours to meld before serving at room temperature. Add torn basil and parsley leaves.

METHOD FOR RUMP

Bring the lamb rumps to room temperature and preheat the oven to 220°C. Heat a fry pan and when hot place the lamb rumps in the pan, cap side down. Cook the lamb on this side long enough to render the cap and ensure that it is well coloured. Drain the excess fat and colour the other side of the rump before placing on a tray and roasting in the oven for approximately 10 to 15 minutes. Once cooked remove from the oven and allow to rest for 10 minutes before carving.

TO SERVE

Serve with the caponata and drizzle with reduced lamb stock, balsamic vinegar and extra virgin olive oil.

RECIPE BY Alex Herbert, Bird Cow Fish, NSW

ROAST LAMB RUMP WITH FLAGEOLET BEANS AND EGGPLANT CHARTREUSE

SERVES 4

2 x 250**g** lamb rumps, cap on
Salt and pepper
50**ml** vegetable oil
100**ml** white wine

SHOULDER & EGGPLANT CHARTREUSE

450**g** boneless lamb shoulder, large diced
2 **cloves** garlic
½ **bunch** thyme
1 **oignon** cloute
150**ml** chicken stock
1 **tsp** Dijon mustard
1 **eggplant**
150**ml** olive oil
Salt and pepper

FLAGEOLET BEANS

350**g** dried flageolet
1 **onion**, chopped
2 **cloves** garlic
1 **stick** celery, diced
1 **carrot**, diced
Bouquet garni

PASTIS BUTTER

1 **tbsp** fresh breadcrumbs
1 **tbsp** Ricard or Pernod
40**g** butter, room temperature
1 **tbsp** parsley chopped

METHOD FOR CHARTREUSE

Pre heat oven to 150°C. Heat a casserole dish and fry the diced lamb shoulder in a little oil until evenly coloured. Add the garlic, thyme, oignon cloute and stock. Cover, and place in oven for between half an hour and two hours until the meat is meltingly tender. Strain off the cooking liquor and discard the thyme and oignon cloute. Skim excess fat from the reserved liquor and reduce to a sauce consistency. Add to this the meat which has been shredded with a fork and add the mustard. Season. Slice the eggplant into 5mm thick slices. Fry in olive oil until golden on both sides. Dry on paper towel and let cool. Line dariole moulds with the eggplant. Fill with the lamb mix, and fold over the eggplant ends to encase the lamb. Cover will foil.

METHOD FOR BEANS

Soak the beans overnight. The next day drain off the water and rinse the beans. In a pot cook the onion, garlic, celery and carrot until soft but not coloured. Add the beans and bouquet garni. Cover with water and bring to a simmer. Cook uncovered for 1½ hours or until tender. You may need to top up with water during cooking if necessary. Discard the bouquet garni. Season and set aside.

METHOD FOR PASTIS BUTTER

Soak the breadcrumbs in the alcohol and mix well with the other ingredients. Set aside.

METHOD FOR RUMP

Rub the rumps with salt and pepper and drizzle with the vegetable oil. Cook, starting fat-side down in a heavy based frypan. Brown evenly then place in a 220°C oven for 12-15 minutes. Also add the chartreuses to the oven at the same time. Transfer the lamb to a cutting board to rest for 15 minutes before carving into slices. Pour off the excess fat from the frypan, add the wine and return to the heat, stirring to lift off the reduced meat juices from the pan. Add to the cooked beans. Adjust the seasoning.

TO SERVE

Unmould the chartreuse onto serving plates. Pour over a spoon of beans, and top with sliced lamb rump. Finish with quenelle of Pastis butter on the sliced lamb.

RECIPE BY David Bransgrove, La Brasserie, NSW

MINCE

BUTCHERY

DESCRIPTION:

Unless specified, mince or *ground lamb* is produced from lamb trimmings. The amount of fat in mince can vary depending on the cuts used or fat added. Lamb mince can be *fine* ground or *coarse* depending on how it is being used in a dish.

CUT SPECIFICATIONS:

- Specify desired fat content (CL or VL level*)
- Specify fine or coarse minced meat depending on requirement of the dish being prepared
- Recommended cooking methods: Roast, Grill/Panfry, Stir-fry, Slow Cook



*CL = Chemical lean.

The amount of lean meat contained. For example, mince labelled as 85CL is 85% lean meat and 15% fat.

*VL = Visual lean.

A trade “guesstimate” of the fat content, based on visual inspection.



GLOBAL FLAVOURS

Lamb mince is an economical way to showcase the fantastic flavours and creative possibilities of lamb. It allows for recipe development that crosses over entrée and main courses, as well as bar snacks, finger food, tapas menus, children’s menus and high volume catering. It can be baked, stir fried, pan fried, poached, used as a stuffing or stuffed with something.

Lamb mince is used in cuisines around the world to make some classic dishes such as Greek Moussaka, Spanish Empanada, Lebanese Kibbee, Turkish Kofte, Syrian Chiche Barak, English Sheppard’s Pie, Turkish Gozleme, Sri Lankan Frikadells or Moroccan lamb mince tagine.

By combining lamb’s ability to partner with so many flavours with lamb’s versatility, the opportunity to put a twist on dishes is multiplied. How about a Latino lamb burger with chipotle mayonnaise and queso fresco, lamb meatloaf, lamb and fennel meatballs, lamb san choy bow, lamb pizza, or simple but tasty lamb rissoles. Are you inspired yet?!

To make the perfect patty for burgers, make sure the raw patty overhangs the bun by half an inch to allow for shrinkage. Make a slight well in the centre to compensate for the edges shrinking more than the middle during cooking and this will result in a perfectly flat cooked burger patty.

Lamb mince is prepared from lamb trimming unless otherwise specified and therefore the fat content can vary. Specifying the fat content to suit a specific dish may be necessary to ensure the desired outcome of the recipe.

BEST COOK METHODS

GRILL :

Forming mince into burger patties or rissoles is perfect for grilling. Ensure the mince is not too lean to prevent the meat being too dry and crumbly. Always cook mince to well done, to ensure all bacteria is destroyed in the heating process.

ROAST :

Baking is a variation of roasting that suits mince meals. For a twist on meatloaf, use lamb instead. It can take on some bold flavours for creating flavour explosions. Lamb Moussaka; a classic baked lamb dish that everyone loves. Using mince that is not too lean will assist in keeping the dish moist.

SIMMER :

Sear or sauté the mince before adding other ingredients to caramelise the sugars in the meat and bring out its natural sweetness. Cooking lamb mince with liquid over a low heat helps to ensure the flavours and juiciness of the mince is retained.

STIR FRY :

To ensure mince does not become too dry and crumbly, ensure the mince is not too lean.

MENU APPLICATIONS :

- Lamb burger • Kheema Mutter (Spiced minced lamb and peas)
- Lamb and fennel dumplings • Lamb kofta • Hyderabad baked kabab with Sheermal bread & onion kachumber • Chiche Barak (Middle eastern lamb dumplings) • Lebanese kibbee • Kubba (lamb mince and rice patties) • Lamb mince tagine • Lamb and fennel Bolognese • Lamb meatloaf • Lamb Moussaka • Mini minced lamb pizza • Lamb pies • Frikadells (Sri Lankan lamb meatballs)
- Gozleme

HYDERABAD BAKED LAMB KABAB WITH SHEERMAL BREAD AND ONION KACHUMBER

SERVES 4 - 6

1kg lamb mince
3 kiwi fruit
1 cup fried onions
1 tbsp ginger paste
1 tbsp crushed garlic
1 tbsp coriander powder
1 tsp red chilli powder
1 tsp garam masala (made from roasted cumin seeds, black peppercorn, cloves, green cardamom and cinnamon - 1 teaspoon each)
Salt to taste
1 tbsp roasted chick pea flour
30ml ghee

METHOD FOR LAMB

Blend the kiwi fruit and onions till smooth. Heat ghee and add ginger, garlic, coriander and chilli and sauté for three minutes. Add all ingredients to the mince and leave aside for four hours. Grease a loaf tin or terrine mould and pack the mince mixture tightly. Cook in a medium

oven covered for 40 minutes. Cool to room temperature. Cut in thick slices and serve with sheermal or any flat bread and onion kachumber.

SHEERMAL

2 cups (480g) plain flour
Salt
Saffron – four threads
1¼ cup milk
2 tsp sugar
1 tsp Kewra water / essence
1 cup (240g) ghee
Salt to taste
White butter for brushing

METHOD FOR SHEERMAL

Pre heat oven to 180°C. Sieve the flour with salt. Soak the saffron in two tablespoons of warm milk. Set aside. Heat the remaining milk and dissolve the sugar. Cool and add the Kewra. Make a well in the flour, add the milk and sugar mix, and knead to a soft dough. Cover

with a damp cloth and leave for 10 minutes. Melt the ghee. Add it gradually to the dough, kneading well until all the ghee is incorporated. Divide into eight balls, cover and rest for ten minutes. With a rolling pin roll out balls into 3cm thick rounds. Place on a greased baking tray and prick all over with a fork. Bake for 8-10 minutes. Remove, brush with the saffron-milk and return to the oven for another five minutes. Brush with white butter and serve.

ONION KACHUMBER

1 cup finely chopped Spanish onion
2 finely chopped green chillies
½ cup finely chopped coriander
½ cup finely chopped mint
1 lime, juiced

METHOD FOR ONION KACHUMBER

Mix all ingredients together and serve with baked lamb kabab.



RECIPE BY Ragini Dey, Spice kitchen, SA



LAMB MINCE TAGINE

SERVES 4

2 cups lamb mince, cooked* (See accompanying method)
1 Sucuk (Turkish sausage), diced
2 tbsp roasted red capsicum, sliced
2 tbsp caramelised onions
2 tbsp feta
1 handful baby spinach
2 roasted tomatoes, cut in half
6 eggs

METHOD

If your tagine dish is the terracotta kind it needs to be prepared for cooking as it may crack. To do this, soak it in water overnight before use. Repeat this if you do not use it regularly. Heat the tagine over an open medium flame for a few minutes. (No oil is necessary as the lamb mince will provide the moisture.) Add the mince and Sucuk, mix through to heat and add the remaining ingredients carefully. Try not to pack the ingredients in too tightly as this will hinder the cooking process. Crack the eggs into the mixture, reduce the flame and cover with a lid, cooking slowly until the eggs are to your liking. Serve with bread.

COOKED LAMB MINCE

1kg mince
3 tbsp olive oil
2 whole cloves garlic, crushed
½ brown onion, diced
1 tsp harissa
2 tsp ground cumin
2 tsp ground coriander
2 tsp ras el hanout
2 tsp black pepper
2 tsp salt
4 tbsp pomegranate molasses

METHOD FOR LAMB MINCE

Heat olive oil in a pan on a medium heat, add garlic and onions and cook for 5-10 minutes until the onions are soft. Then add the lamb mince and cook for another 10-15 minutes until cooked. Add all the spices, mix and break up the mince with a wooden spoon. If the mixture appears dry add a small amount of water to combine everything. Simmer for 30 minutes on a low heat.

RECIPE BY Zahi Azzi, Kazbah on Darling, NSW

LATINO STYLE LAMB BURGER

SERVES 4

600g lamb mince

3 cloves garlic, minced
1 tsp finely chopped onion
½ tsp cumin
3 tbsp fresh chopped coriander (leaves only)
Salt and pepper

MAYONNAISE

1 cup good quality mayonnaise
1½ tbsp finely chopped chipotle
1 tbsp adobo sauce from chipotle can
1 tbsp finely chopped coriander leaves

PICO DE GALLO

2 large ripe tomatoes, finely chopped
1 jalapeño chili, seeded and finely chopped
1-2 red onions, finely chopped
½ bunch coriander, finely chopped
1 lime, juiced
Pinch of salt and black pepper
Queso fresco
Ciabatta rolls
Lettuce leaves

METHOD

Mix the lamb ingredients together without overworking the meat. Form into four 150g patties, and refrigerate for one hour. Mix all mayonnaise ingredients together and refrigerate for one hour. Mix all pico de gallo ingredients together and refrigerate for 1 hour. Cook the burgers on a medium-hot grill, turning once until cooked through. Spread mayonnaise on the bottom of the Ciabatta bun, place the burger patties, then queso fresco, lettuce leaves and top with pico de gallo.

RECIPE BY MLA, Washington DC, USA

CHICHE BARAK (MIDDLE EASTERN LAMB DUMPLINGS)

SERVES 6

500g lamb mince
1 small brown onion
1 tsp salt
1 tsp ground black pepper
1 tsp mixed spice (Middle Eastern 7 Spice mix or Baharat)
2 cups vegetable oil
2 cups plain flour
Pinch of salt

SAUCE

2 tbsp olive oil
1½ cups Basmati rice
1kg natural yoghurt
2 tbsp cornflour, dissolved in half cup water
1 clove garlic, crushed
3 tbsp fresh mint, chopped
1 tsp vegetable oil

METHOD FOR DUMPLINGS

Mix the flour with a pinch of salt in a bowl. Gradually add enough water and knead to obtain a soft dough. Cover the dough with a plastic wrap and put it in the fridge for 30 minutes.

METHOD FOR LAMB

In a pan, fry the chopped onion in one tablespoon of vegetable oil on high heat until golden. Add the lamb mince, salt, pepper and mixed spice and fry until meat turns brown. Set aside to cool. On a floured surface roll out dough into a thin layer. Cut the dough into 4cm circles and place one teaspoon of meat filling at the centre of each circle. Fold over, then bring both ends of the semi circle together to obtain a dumpling. Heat vegetable oil in a medium-sized pot, and fry until golden. Remove from oil, drain and set aside.

METHOD FOR SAUCE

Heat olive oil over medium heat in a pot. Cook rinsed rice until it is no longer translucent. Place the yoghurt in the pot, add the cornflour. Stir continuously in one direction until yoghurt thickens. It is important to stir continuously for the yoghurt not to stick to the pot. Reduce to low heat until the rice has softened. In a small pan, fry minced garlic and fresh mint with one teaspoon of vegetable oil. Add the garlic mixture to the yoghurt. Mix well and remove from heat.

TO SERVE

Place the Chiche Barak dumplings in a serving dish and pour the sauce on top of the dumplings. Sit for about five minutes before serving to allow the pastry to slightly soften.

RECIPE BY Carol & Sharon Salloum, Almond Bar, NSW

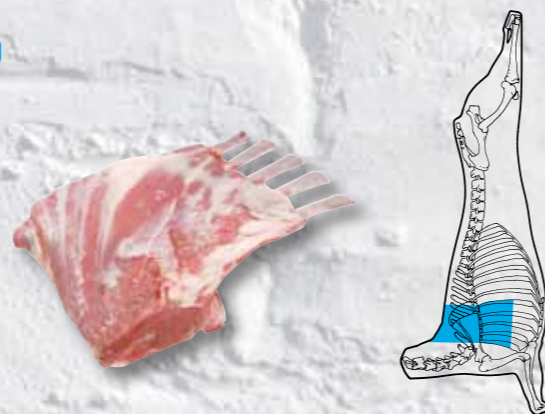
MEAT APPRECIATION

SHOULDER RACK - FRENCHED H.A.M 4739

Shoulder Rack (Frenched) is prepared from the Shoulder rack. The ribs are trimmed and exposed to the specified length.

CUT SPECIFICATIONS:

- Specify rib number required
 - H.A.M 4736 – 2 rib
 - H.A.M 4738 – 4 rib
- Specific length of exposed rib bone
- Specify cap on or off
- Chine and feather bones removed
- Average weight: 200g – 600g
- Recommended cooking methods: Roast, Slow cook, Grill/Pan fry

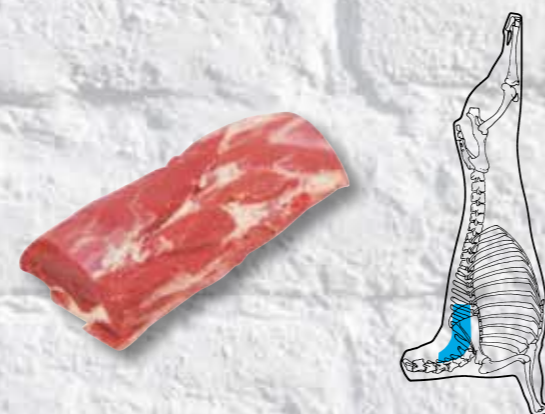


EYE OF SHOULDER H.A.M 5'15'

Eye of Shoulder is a portion of the Backstrap and comprises the portion commencing from the 1st cervical vertebra up to the 4th - 5th or 6th thoracic vertebrae.

CUT SPECIFICATIONS:

- Remove silver skin
- Specify length of cut by indicating removal point along the vertebrae e.g. 4th or 5th vertebrae
- Average weight: 300g – 400g
- Recommended cooking methods: Roast, Slow Cook, Sous Vide, Thin slice (Hot pot)

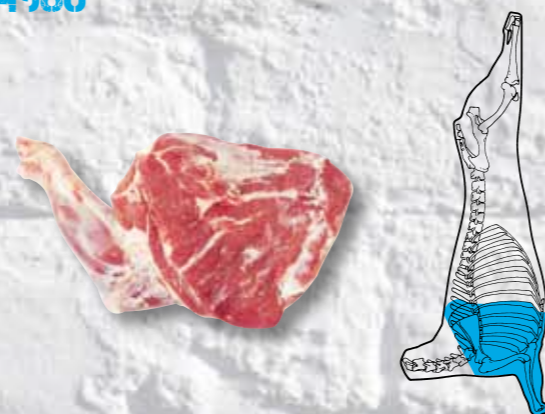


SHOULDER - OYSTER CUT BONE IN H.A.M 4980

Shoulder (Oyster Cut Bone in) is prepared from a Forequarter and consists of the scapular, humerus and foreshank bones together with associated muscles. The Shoulder is removed from a forequarter by a cut following the seams between the overlying muscles and underlying muscles and ribs, leaving the undercut attached.

CUT SPECIFICATIONS:

- Shank tipped or shank removed
- Specify surface fat trim level
- Specify shank joint severed
- Boneless Oyster cut is further prepared by the removal of all bones, cartilage and ligament (H.A.M 5055)
- Average weight: 1kg – 2.5kg
- Recommended cooking methods: Roast, Slow Cook

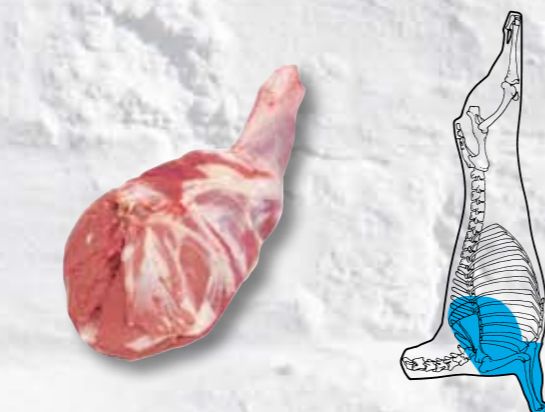


SHOULDER - BANJO CUT H.A.M 4995

Shoulder (Banjo Cut) is prepared from a *Shoulder Oyster Cut*. The Shoulder is shaped into an oval appearance by trimming the outer selvage along the ventral edge. The undercut is retained in place when the blade bone is removed.

CUT SPECIFICATIONS:

- Specify shank tipped or removed
- Specify Shank joint severed
- Specify whether blade bone is to be retained
- Specify surface fat trim level
- Recommended cooking methods: Roast, Slow Cook
- Average weight: 1kg – 1.5kg



MEAT STANDARDS AUSTRALIA

Meat Standards Australia (MSA®) is a world leading meat grading system for beef and sheepmeat, based on extensive consumer research.

The MSA Sheepmeat program is based on a supply chain approach, with all sectors required to contribute to improving the overall eating quality of lamb and sheepmeat.

MSA Sheepmeat standards were created from the analysis of 45,000 consumer test results, combining tenderness, juiciness, flavour and overall liking scores for the common cuts of lamb. The program recommends cooking methods for every cut of sheepmeat to achieve an enjoyable eating experience every time.

To find out more, go to www.mla.com.au and check out *Quick Access - MSA*.

THANKS

CONGRATULATIONS AND THANK YOU TO ALL THE CHEFS WHO PROVIDED THEIR FABULOUS RECIPES AND SHARED THEIR CULINARY KNOWLEDGE TO HELP US DEVELOP THE SECOND INSTALMENT OF THE MASTERPIECES MEAT REVOLUTION. WE REALLY APPRECIATE YOU WORKING WITH US ESPECIALLY AT ONE OF THE BUSIEST TIMES IN THE HOSPITALITY CALENDAR.

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