



Grace Farms, from our pasture to your plate. Lamb recipes we hope you will enjoy!

Easy Lamb Chops

INGREDIENTS

8 lamb chops
2 tbsp olive oil
Juice of 1 lemon, approximately 3-4 tablespoons
2-3 tsp dried oregano
1 tsp chilli/red pepper flakes
2 tsp thyme leaves
4 garlic cloves crushed
1 tsp salt
Pepper to taste

INSTRUCTIONS

Pre-heat a cast-iron/stainless steel pan over high heat. Drizzle the lamb chops with the olive oil and lemon juice then generously season with the herbs, spices and garlic on both sides. Place the lamb chops in the hot pan then sear for 2-3 minutes per side until golden brown.

Flip the lamb chops onto the fat side and allow to sear until the fat has started to render and has caramelized. Remove from the pan and allow to rest for a few minutes before serving with lemon wedges. Yum!

Recipe can be found at:

<https://simply-delicious-food.com/easy-lemon-garlic-lamb-chops/>



Leg of Lamb

INGREDIENTS

1 bone-in leg of lamb (6 to 8 pounds), trimmed
2 garlic cloves, minced
1/2 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon pepper
1 teaspoon canola oil

INSTRUCTIONS

Preheat oven to 325°. Place lamb on a rack in a shallow roasting pan, fat side up. Cut 12-14 slits 1/2 in. deep in roast. Combine garlic, thyme, marjoram, oregano, salt and pepper; spoon 2 teaspoons into the slits. Brush roast with oil; rub with remaining herb mixture. Bake, uncovered, until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°), 2 to 2-1/2 hours. Let meat stand 15 minutes before slicing. Perfect for a family celebration!

Recipe can be found at:

<https://www.tasteofhome.com/recipes/roast-leg-of-lamb/>



Easy Lamb Shank Curry

INGREDIENTS

2 tablespoons vegetable oil
4 lamb shanks, trimmed (about 1/2 lb each)
1 jar Maya Kaimal Madras Curry
1 tablespoon chopped fresh cilantro, plus more for serving
Rice, polenta, orzo or couscous (prepared according to package)

INSTRUCTIONS

Step 1

Preheat oven to 300°F. Heat the oil in a 5-quart Dutch oven over medium-high heat until it shimmers. Add the lamb shanks and sear until browned all over about 6 to 7 minutes. Transfer the shanks to a plate. Pour off any fat and wipe out pot with a towel. Return the shanks to the pot. ***

Step 2

Add the jar of Madras Curry sauce and then fill the empty jar with water. Swish it around to rinse and pour over the lamb shanks. Increase the heat and bring to a simmer.

Step 3

Cover and place in the oven. Cook for 2 1/2 hours, turning the shanks over once. The meat should be very tender and falling off the bone and the sauce will be thickened and reduced.

Step 4

Remove the shanks to a plate. Skim off any excess fat from the sauce. Stir in cilantro. Serve the lamb shanks with sauce and garnish with more cilantro if you like. Have with polenta, orzo, or couscous.

*** (Can also be cooked in an Instant Pot by using the saute function and then cooking at high pressure for about 30 minutes.)

Recipe can be found at:

<https://www.mayakaimal.com/recipe/madras-lamb-shanks/>



Roasted Rack of Lamb

INGREDIENTS

- ½ cup fresh bread crumbs
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh rosemary
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- 1 (7 bone) rack of lamb, trimmed and frenched
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard

INSTRUCTIONS

1. Gather all ingredients. Preheat the oven to 450 degrees F (230 degrees C). Move the oven rack to the center position.
2. Combine bread crumbs, garlic, rosemary, 1 teaspoon salt, and 1/4 teaspoon pepper in a small bowl; stir in 2 tablespoons olive oil to moisten the mixture. Set aside.
3. Season rack of lamb all over with 1 teaspoon salt and 1 teaspoon pepper.
4. Heat 2 tablespoons olive oil in a large heavy oven-proof skillet over high heat. Add lamb and sear on all sides, about 1 to 2 minutes: set lamb aside for a few minutes.
5. Brush lamb with mustard and roll in bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring.
6. Arrange the breaded rack of lamb bone-side down in the same skillet. Roast in preheated oven for 12 to 18 minutes for medium; an instant-read thermometer inserted into the center should read at least 130 degrees F (54 degrees C), or continue to cook to desired doneness.
7. Remove lamb from the skillet and allow to rest for 5 to 7 minutes, loosely covered with foil, before carving between the ribs.

Recipe can be found at:

<https://www.allrecipes.com/recipe/45641/roasted-rack-of-lamb/>



Lamb Gyros

INGREDIENTS

- Lamb:
- 2 lb ground lamb
 - 1/2 white onion
 - 1 shallot
 - 8 cloves garlic
- Spice blend:
- 1 Tbsp oregano
 - 3/4 Tbsp salt
 - 2 tsp smoked paprika
 - 2 tsp black pepper
 - 1 tsp coriander
 - 1 tsp cumin
 - 1/2 tsp cinnamon

Tzatziki sauce:

(Note – you can purchase Tzatziki sauce from most grocery stores, or you can make this simple version):

- 1 cup full fat yogurt
- 1/4 sesame paste
- 1/2 lemon juice and zest
- 2 Tbsp vinegar
- Salt to taste

INSTRUCTIONS

1. Preheat oven to 400. In a small bowl, prepare the spice blend by combining the oregano, salt, paprika, black pepper, coriander, cumin and cinnamon. Set aside.
2. In a food processor chop the onion, shallot and garlic by pulsing the mixture about 15-20 times. Once fully chopped, add the ground lamb and spice blend. Pulse for another 30 seconds. Spread parchment paper over a large casserole dish. Pack seasoned ground meat into the dish. It should be at least 1 inch high to assure even baking. Place in the preheated oven and bake for 30 minutes. The internal temperature should be 155 degrees. Remove and allow it to rest for 20-30 minutes.

NOTE: If you do not have a large food processor, you can use a small one or a blender to mix everything together except the lamb. Then knead the mixture into the ground lamb by hand.

3. After the meat has rested, remove from the pan and cut into strips. Reserve any drippings in the bottom of the dish. In a large heavy pan (preferably cast iron skillet) over medium high heat, pour in the drippings from the baking dish. Add meat strips and fry both sides for about 15 seconds.

4. To make the Tzatziki sauce, in a small bowl combine the yogurt, sesame paste, lemon juice and zest, vinegar and salt to taste.

5. To serve, place meat strips on warm pita or flatbread (or large lettuce leaves), add toppings & sauce, fold, and enjoy.

- Tomatoes, chopped
- Red onions, sliced
- Lettuce, chopped
- Cucumbers, chopped

Recipe can be found at:

<https://www.thegoldenbalance.com/recipes/lambgyro>



Instant Pot Lamb Stew

INGREDIENTS

- 1 tablespoon avocado oil
- 3 pounds stew meat or cubed shoulder roast
- 1/4 cup red cooking wine
- 32 ounces beef stock
- 3 cloves garlic minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 tablespoon Worcestershire sauce
- 2 tablespoons tomato paste
- 4 carrots chopped
- 4 celery ribs sliced
- 1 cup cremini mushrooms sliced
- 2 cups Yukon gold potatoes cut into 1-inch pieces
- 3 tablespoons corn starch
- 1 cup water

INSTRUCTIONS

Set your pressure cooker to sauté. Add 1 tablespoon avocado oil and add cubed American Lamb. Brown on both sides.

Add in red cooking wine and deglaze your pot by scraping the browned bits from the bottom of the pot.

Pour in beef stock. Add in Worcestershire sauce and garlic. Add in seasonings.

Add in tomato paste. Seal lid and set pressure cooker to high pressure and cook for 15 minutes. Allow and complete natural release.

Add carrots, potatoes, celery, and mushrooms to the pot. Seal lid again and set pressure cooker to high pressure and cook for 3 minutes. Use a quick release to release the steam.

Remove lid and set pressure cooker to sauté.

Create a thickening slurry of 3 tablespoons of corn starch and 1 cup cold water. Whisk until smooth and slowly pour into simmering stew while constantly stirring. Serve immediately.

Note: The USDA recommends that lamb reach an internal temperature of at least 145 degrees F with a 3-minute rest.

Recipe can be found at:

<https://americanlamb.com/recipes/instant-pot-lamb-stew/>



Instant Pot Lamb Shoulder Roast & Gravy

INGREDIENTS

1 (1367g) lamb shoulder (bone-in) , 3.25 inches thick
1 (218g) large onion , sliced
12 (39g) garlic cloves , crushed
2 cups (500ml) unsalted chicken stock
2 tablespoons (30ml) regular soy sauce
2 teaspoons (6g) freshly ground cumin
½ teaspoon (1g) fennel seeds , ground
2 tablespoons (30g) tomato paste
2 teaspoons (2.2g) dried rosemary
2 teaspoons (2g) dried thyme (or 4 - 5 fresh thyme)
3 (0.4g) bay leaves
Salt and black pepper
Optional:
2 (250g) carrots
2 (462g) russet potatoes
Thickener:
3 tablespoons (45g) cornstarch
4 tablespoons (60ml) water



INSTRUCTIONS

Brown Lamb Shoulder in Instant Pot: Heat up Instant Pot using "Sauté More" function, and wait until it says "HOT".

Pat dry the lamb shoulder, then season one side generously with salt and black pepper. Drizzle 1 tbsp olive oil in the inner pot, and ensure to coat the oil over the whole bottom of the pot. Carefully place the seasoned side of lamb in Instant Pot. Generously season the other side with salt and black pepper. Brown one side of the lamb shoulder for 5 minutes before flipping it over, then brown the other side for 5 minutes.

Saute Onion and Garlic: Remove & set aside the browned lamb shoulder. Add sliced onions in Instant Pot, and saute for 3 minutes. Add in crushed garlic, 2 tsp (6g) ground cumin, ½ tsp (1g) ground fennel, 2 tbsp (30g) tomato paste, 3 bay leaves, 2 tsp (2.2g) dried rosemary, and 2 tsp (2g) dried thyme, and saute for another minute.

Deglaze Instant Pot: Pour in 1 cup (250ml) unsalted chicken stock, then deglaze by scrubbing all the flavorful brown bits off the bottom with a wooden spoon. Give it a quick mix.

Pressure Cook Lamb Shoulder: Add 2 tbsp (30ml) regular soy sauce and another cup (250ml) of unsalted chicken stock in Instant Pot, then give it a quick mix. Add in lamb shoulder (skin side up), then sprinkle some salt on the skin.

With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position.

For Tender with a Bite: Pressure Cook at High Pressure for 1 hour and 45 minutes, then 15 minutes Natural Release. OR

For Super Tender: Pressure Cook at High Pressure for 2 hours and 15 minutes, then 15 minutes Natural Release.

Remove the lid carefully.

Optional - Pressure Cook Carrots & Potatoes: Place the lamb shoulder on a serving plate. Cut the carrots & potatoes into chunks, then add them in the Instant Pot.

With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position. Pressure Cook at High Pressure for 5 minutes, then Quick Release. Remove the lid carefully.

Taste and adjust the seasoning by adding more salt (roughly 1 - 2 pinches of salt).

Season & Thicken Gravy: Bring the tasty lamb gravy to a simmer with the "Sauté More" function. Thicken gravy by mixing 3 tbsp (45g) cornstarch and 4 tbsp (60ml) cold water together, then stir the mixture into the lamb gravy one third at a time until desired thickness. Taste and adjust the seasoning by adding more salt if necessary (roughly 1 - 2 large pinches of salt).

Recipe can be found at:

<https://www.pressurecookrecipes.com/instant-pot-lamb/>



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