



280 Main Street • Suite 202
North Reading, MA 01864
Toll Free: (888) 391 - 8328



Balsamic Glazed Australian Lamb Rack *with Insalata Tricolor*

Serves 4-6 | Prep 45 minutes | Cook 15 minutes

The perfect picnic meat, Australian Lamb racks are delicious served cold or hot. Try this salad next time you head outdoors or just want a quick summer meal. Cook, glaze and refrigerate to use later that day or the next over this delightfully simple crisp Italian salad.

INGREDIENTS

- 2 racks of Australian Lamb, frenched (see tip)
- salt and freshly ground pepper, to taste
- 2-3 tablespoons olive oil

GLAZE

- 3/4 cup balsamic vinegar
- 1/2 cup red wine
- 2 tablespoons brown sugar
- 1 sprig rosemary

SALAD

- 1 head radicchio, leaves separated
- 2 endive, leaves separated
- 1 handful arugula
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- fresh sliced Parmesan cheese

PREPARATION

1. Preheat oven to 425° F. Season the racks with salt and pepper and set aside.
2. Place all the glaze ingredients in a small saucepan and bring to boil. Reduce heat and simmer until mixture thickens and becomes glossy, about 10-15 minutes.
3. Heat a large ovenproof pan to medium- high and coat pan with oil. Sear the lamb racks for 2-3 minutes each side to brown, then tip any excess fat from pan. Brush with a little of the glaze, place in the oven and roast for 10-12 minutes, or until medium rare and an internal temperature of 130° F. Transfer to a warm plate, cover loosely with foil and let rest for 5-10 minutes before slicing. Or place uncut rack in the refrigerator and serve cold the next day. It will stay moist and fresh if the cutting is done just before service.
4. To make salad, wash and dry the salad greens well and place in a large bowl. Combine the lemon juice and oil and toss through the leaves with the Parmesan cheese. Arrange salad on a platter and place lamb on top. Remove the rosemary from the glaze and drizzle over all. Serve with crusty Italian bread.

TIP: "Frenched" racks have had the fat and sinew removed from the bones, just above the eye of the meat. Most lamb racks are sold frenched, but you can do this yourself or ask your butcher to do it for you.



Orange & Apricot Studded Australian Lamb Leg *with Almond Couscous*

Serves 8 | Marinate 20-30 minutes | Prep 40-45 minutes | Cook/Rest 2 hours

Middle Eastern spices and accompaniments have been used to complement this roasted lamb dish. Australian Lamb is so mild, sweet and versatile, though, you could try creating your own blend of ingredients — figs or dates with lemon and oregano, raisins or currents with pine nuts, fennel and mustard seeds. Let your imagination lead.

INGREDIENTS

- 1 Australian leg of lamb, bone-in
- juice and zest of 2 large oranges
- 8 dried apricots, plumped in hot water, finely diced
- 1 teaspoon ground cardamom
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 2 tablespoons honey, warmed

COUSCOUS

- 3 cups chicken stock
- 2 cups pearl or Israeli couscous
- 1/2 cup chopped cilantro or parsley
- 3 spring onions, sliced
- 1 lemon, for juice and zest
- 2 tablespoons olive oil
- salt and freshly ground pepper, to taste
- 1/2 cup sliced or slivered almonds, toasted

PREPARATION

1. Trim lamb and cut shallow slashes half an inch apart over the top. Combine the orange zest with the apricots, cardamom, cumin, cinnamon and honey and mix well. Massage all over the lamb and into the slashes. Cover and allow to stand at room temperature for 20-30 minutes.

2. Preheat oven to 375° F. Place the lamb on a rack in a baking dish and roast for 1 1/2 - 2 hours or until internal temperature reaches 130-135° F for medium rare, or until cooked as desired. Remove from oven, cover loosely with foil and allow to rest for 10-15 minutes before carving.

3. While the lamb is cooking, juice and coarsely zest the lemons and set aside. Place the stock and reserved orange juice in a saucepan and bring to a boil. Add the couscous and cook for 10 minutes or until all liquid is absorbed or until the couscous is tender. Transfer couscous to a bowl and fluff with a fork. Toss with the cilantro, onion, lemon juice and zest and the oil. Season with salt and pepper to taste and, just before serving, sprinkle with the almonds.



Honey and Garlic Australian Lamb Rack *with Orzo Salad*

Serves 4-6 | Marinate 2 hours overnight | Prep 20-30 minutes | Cook 30 minutes

Orzo is a rice-shaped pasta wonderful both hot and cold. It's the perfect pasta for mixing with a "farmers market" of flavors, and Australian Lamb is versatile enough to match whatever herbs or spices you choose.

INGREDIENTS

● 2 racks of Australian Lamb, frenched

MARINADE

- 1 1/2 cups red wine
- 2 tablespoons honey, softened
- 3 cloves garlic, crushed
- 1 tablespoon fresh thyme leaves
- salt and freshly ground pepper, to taste

ORZO SALAD

- 1 pound orzo pasta
- 2 ears fresh corn, cooked
- juice and zest of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped black olives
- 1/4 cup chopped fresh cilantro

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- 1/4 cup chopped fresh parsley
- salt and freshly ground pepper, to taste

PREPARATION

1. Combine the marinade ingredients and mix well. Pour marinade into a large flat glass or ceramic dish. Add the lamb, turning to coat all sides. Marinate, meat side down, in the refrigerator for 2-3 hours or overnight.

2. To make orzo salad, cook pasta according to directions on packet and drain well. While allowing orzo to cool slightly, cut the kernels from the fresh corn. Combine pasta, corn, juice, zest and remaining ingredients in a large bowl, toss well and season with salt and pepper to taste.

3. Remove the meat from the marinade and pat dry. Place the marinade in a small pan and bring to a boil. It is important that the mixture comes to a rapid boil. Reduce heat and simmer until liquid starts to thicken slightly and become glossy. Keep warm.

4. Heat a barbecue or grill to medium-high, and cook the lamb racks for 5-6 minutes each side for medium rare, or as desired. Allow to rest for 5 minutes.

5. Spoon orzo salad onto a large platter and place whole racks on top, or separate lamb into 3-4 chop portions and serve on individual plates. Spoon glaze over and serve with a green salad.

TIP: Orzo salad can be made 2-3 hours ahead and served cold with the lamb.



Australian Lamb Kabobs *wrapped in pita*

Serves 4-6 | Marinate 20 minutes | Prep 30-40 minutes | Cook 10-12 minutes

Lamb is the king of meats when it comes to eating in Greece, whether for religious celebrations or outdoor family grills. This is one dish that has become very popular in many other countries for its delicious yet simple flavors and versatility. Goat-milk yogurt and cheese is also very popular in Greece for its rich, thick texture and tangy flavor. If you can find it, give it a try.

INGREDIENTS

- 1/2 pounds boneless leg of Australian Lamb, cut into 1-inch cubes
- 1 tablespoon and 1 teaspoon fresh thyme
- 2 cloves minced garlic, divided
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 cup plain whole-milk yogurt
- 1 tablespoon fresh lemon juice
- 4-6 large pitas

GARNISH

- Chopped lettuce and tabbouleh or diced tomato

PREPARATION

1. Place the lamb in a large bowl. Combine 1 tablespoon of the thyme, half the garlic and the salt and pepper, then add to the lamb and toss well. Cover and leave for 20 minutes to allow the flavors to infuse. Thread onto metal or presoaked wooden skewers.
2. Place the yogurt in a small bowl and add the remaining thyme and garlic and the lemon juice. Mix well. Season to taste with salt and pepper.
3. Broil or barbecue the kabobs over medium to high heat until cooked as desired, about 4-5 minutes each side for medium rare.
4. Toast the pitas lightly on the grill until just warmed, and top with the lettuce and tabbouleh or tomato. Remove the lamb from the skewers and place on salad. Drizzle with the yogurt and wrap firmly into a roll.

TIP: The lamb can be diced and seasoned the day before and stored, covered, in the refrigerator. Allow to stand at room temperature for 5-10 minutes before cooking. The yogurt mixture can also be made a day ahead and refrigerated in a sealed container.