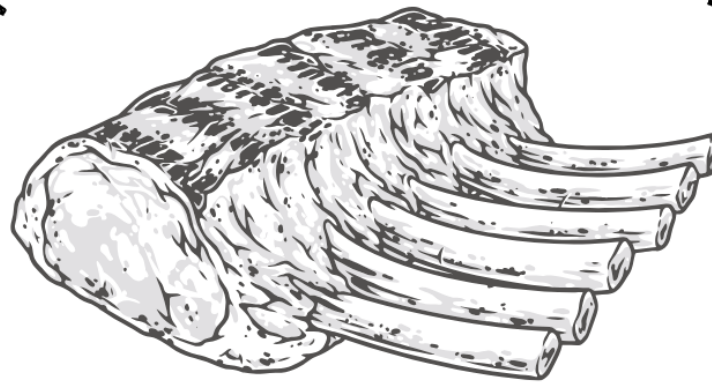




A LIFETIME OF LAMB



A COMPILATION OF KARIN'S
KITCHEN DRAWER RECIPES



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Slow-Cooked Lamb Shanks with Red Wine Sauce

Ingredients

4 Carson Valley Meats Lamb Shanks, 13 oz.

- 1 tsp. each salt and pepper
- 2 - 3 tbsp. olive oil, separated
- 1 cup onion, finely diced
- 3 garlic cloves, minced
- 1 cup carrot, finely diced
- 1 cup celery, finely diced
- 2 1/2 cups red wine, full-bodied
- 28 oz. can crushed tomatoes
- 2 tbsp. tomato paste
- 2 cups chicken stock, low sodium
- 5 sprigs of thyme, or 2 tsp dried thyme
- 2 dried bay leaves



Method

1. Preheat the oven to 350F.
2. Pat the lamb shanks dry and sprinkle with salt and pepper.
3. Heat 2 tbsp of olive oil in a heavy-based pot over high heat. Sear the lamb shanks in 2 batches until brown all over, about 5 minutes.
4. Remove lamb onto a plate and drain excess fat from the pot.
5. Turn the heat down to medium-low. If needed, heat the remaining 1 tbsp olive oil in the same pot. Add the onion and garlic; cook for 2 minutes.
6. Add carrot and celery. Cook for 5 minutes until onion is translucent and sweet.
7. Add red wine, chicken stock, crushed tomato, tomato paste, thyme, and bay leaves. Stir to combine.
8. Place the lamb shanks into the pot, squeezing them in to fit so they are mostly submerged.
9. Turn the stove up and bring to a simmer. Cover, then transfer to the oven for 2 hours.
10. Remove from oven, remove lid, then return to the oven for another 30 minutes. Check that the lamb is tender; if not, cover and keep cooking. Ideal is tender meat that still holds onto the bone.
11. Remove lamb onto a plate and keep warm. Pick out and discard bay leaves and thyme.
12. Strain the sauce into a bowl, pressing to extract all sauce out of the veggies. Pour strained sauce back into pot.
13. Bring to a simmer over medium heat and reduce slightly to a syrupy consistency. Add salt and pepper to taste.
14. Serve the lamb shanks on mashed potato or cauliflower purée with plenty of sauce! Garnish with thyme leaves if desired.

Adapted from Recipe Tin Eats



Roast Leg of Lamb with Rosemary and Lavender

Ingredients

One **Carson Valley Meats boneless leg of lamb**, 3 ½ lb.
1/4 cup plus 2 tbsp. extra-virgin olive oil
1/4 cup minced rosemary
3 tbsp. minced fresh lavender leaves
4 garlic cloves, grated
Kosher salt
Freshly ground black pepper
6 medium shallots, thinly sliced
1/2 cup pitted Medjool dates, thinly sliced
1 tsp. honey
1/4 cup apple cider vinegar



Method

1. Preheat the oven to 450°. In a small bowl, whisk 1/4 cup of olive oil with the rosemary, lavender, and garlic. Season the lamb all over with salt and pepper.
2. Rub half of the herb oil all over the inside of the lamb, then roll up the meat and tie with kitchen string to form a neat roast. Spread the remaining herb oil all over the roast and set it on a rimmed baking sheet.
3. Roast the lamb for about 15 minutes, until just starting to brown. Reduce the oven temperature to 375° and roast the lamb for about 1 hour longer, until an instant-read thermometer inserted in the thickest part registers 130° for rare meat.
4. Transfer the lamb to a carving board and rest for 30 minutes.
5. Meanwhile, in a medium saucepan, heat the remaining 2 tablespoons of olive oil until simmering. Add the shallots, dates, honey, and a pinch of salt, and cook over moderate heat, stirring occasionally, until the shallots soften, about 7 minutes.
6. Add the vinegar and cook, stirring occasionally, until most of the liquid has evaporated and the jam is thick, 3 to 5 minutes; season with salt and let cool.
7. Untie the lamb roast and slice the meat against the grain. Serve with the shallot-date jam.

Adapted from Food and Wine



Lamb Chops Sizzled With Garlic

Ingredients

8 ½ in. thick **Carson Valley Meats** lamb loin chops
Salt and freshly ground pepper
Dried thyme
3 tbsp. extra-virgin olive oil
10 small garlic cloves, halved
3 tbsp. water
2 tbsp. fresh lemon juice
2 tbsp. minced parsley
Crushed red pepper



Method

1. Season the lamb with salt and pepper and sprinkle lightly with thyme. In a very large skillet, heat the olive oil until shimmering. Add the lamb chops and garlic and cook over moderately high heat until the chops are browned on the bottom, about 3 minutes.
2. Turn the chops and garlic and cook until the chops are browned, about 2 minutes longer for medium meat. Transfer the chops to plates, leaving the garlic in the skillet.
3. Add the water, lemon juice, parsley and crushed red pepper to the pan and cook, scraping up any browned bits stuck to the bottom, until sizzling, about 1 minute.
4. Pour the garlic and pan sauce over the lamb chops and serve immediately.

Adapted from Food and Wine



Slow Cooker Lamb Shoulder Chops

Ingredients

6 large **Carson Valley Meats bone-in lamb shoulder chops**, 4 lb.

1 tsp. kosher salt

½ tsp. black pepper

½ tsp. garlic powder

½ tsp. cumin

½ tsp. dried rosemary



Method

1. Combine the spices in a small bowl.
2. Place the lamb shoulder chops in your slow cooker, in three layers of two chops. Sprinkle each layer with a third of the spice mixture. Cover and cook on low for 6 hours.
3. Remove the chops to a foil-lined baking sheet, arranging them on the baking sheet in a single layer. Set the oven to broil on high (500 degrees F) and position an oven rack 4 inches below the broiling element.
4. Carefully strain the cooking juices from the slow cooker pan into a heatproof glass jar or measuring cup.
5. Briefly broil the chops to brown and crisp up the fat, 1-2 minutes. Keep an eye on them so that they don't burn.
6. Transfer the chops to dinner plates. Serve them, if desired, with small bowls of the strained cooking juices for dipping.

Adapted from Healthy Recipe Blogs



Braised Lamb Shanks

Ingredients

2 Carson Valley Meats lamb shanks

Kosher salt
2 tbsp. extra virgin olive oil
1 medium yellow onion, chopped
2 large carrots, chopped
2 celery ribs, chopped
3 to 4 medium potatoes
1 clove garlic, minced
1 1/4 cups chicken or beef stock
2 tsp. thyme
1 tsp. rosemary
1 tsp. dried oregano
1 bay leaf



Method

1. Preheat the oven to 350 F and season the lamb with salt.
2. Heat the oil in a Dutch oven or an oven-proof, thick-bottomed pot with a tight-fitting cover on medium-high heat on the stovetop. Working in batches if necessary, brown the lamb shanks in the pot on all sides. Remove shanks to a dish.
3. Add onion, carrot and celery to the pot and sauté for 5 minutes, stirring often.
4. Add potatoes and cook for another 2 minutes.
5. Add the garlic, lamb shanks, and herbs (except for the optional mint). If using, add the sherry and raisins; bring the sherry to a boil and cook for 2 minutes.
6. Add the stock and bring to a simmer. Remove from heat, cover the pot and bake in the oven for 1 1/2 or 2 hours or until shanks are tender.
7. Remove the bay leaf and discard. Remove the shanks, strip the meat from the bones and return the meat to the pan to serve.

Adapted from Simply Recipes



Juicy Lamb Steaks

Ingredients

2 thick **Carson Valley Meats lamb steaks**, 8-10 oz. each
1/2 tbsp. vegetable oil
1 cup of a dark ale with mild character, such as a porter
2 tbsp. vegetable oil
1 star anise
1 tsp. yellow curry
1 tsp. cumin
1 tsp. garlic powder
1/2 tsp. cinnamon
1 tsp salt
1/2 tsp. pepper



Method

1. In a bowl, mix all the ingredients except for the ale. Slowly add the ale and whisk until smooth.
2. Cover the lamb steaks with marinade. Use an airtight container or plastic bag. Refrigerate for 3-4 hours.
3. Heat an outdoor grill to high or a grilling skillet or cast iron skillet over medium-high heat. Lightly oil the grate or the surface of the pan.
4. Remove the lamb steaks from the marinade and discard it. Pat them dry and season each side with salt and pepper to taste.
5. Place on the grill surface, grilling pan, or skillet and cook each side for 4 minutes for medium-rare (125-130 F) and 5 minutes for medium (135 F).
6. Remove from the heat and let rest (you may cover them loosely with foil) for 5 minutes before serving.

Adapted from Craft Beering



Mum's Rack of Lamb with Jam

Ingredients

2 racks of **Carson Valley Meats lamb**
1/2 tbsp. extra virgin olive oil
6 cloves of garlic (whole or chopped)
1/2 bunch of fresh rosemary
1/2 cup of strawberry jam
1 lemon, quartered and squeezed
1 cup of red wine (cabernet or shiraz)
1 - 2 tbsp. salt
1 tbsp. of black pepper



Method

1. Preheat the oven to 180°C. Remove the lamb from the fridge and let them sit at room temperature.
2. Add garlic, rosemary, salt, pepper, strawberry jam, and red wine into a saucepan on low to medium heat and cook until the jam is well combined into the sauce.
3. Brown the meat first to give it flavor. Pan-fry over medium/high heat until hot, then place the racks on one side for a couple of minutes until browned, then do the same on the other side.
4. With foil, individually wrap each section of the bone and then fold the top.
5. Put the lamb rack into the oven with all the ingredients.
6. After 20 minutes, add a cup of water and stock to the jam sauce.
7. Cook for around 40 minutes, turning halfway, and serve!

Adapted from Australian Lamb



Lamb Meatballs with Garlic and Cumin

Ingredients

- 1 lb. **Carson Valley Meats ground lamb**
- 2 tablespoons Greek yogurt or sour cream
- 1 tbsp. minced fresh garlic
- 1 tsp. Diamond Crystal kosher salt
- ½ tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. ground cumin
- ½ cup chopped cilantro
- 2 tbsp. olive oil



Method

1. In a medium bowl, mix all the ingredients except for the oil.
2. Using a 1.5-tablespoon cookie scoop, scoop out even portions of the mixture onto a plate. I usually end up with 16 meatballs.
3. With wet hands for easier handling, shape each portion into a round meatball.
4. Heat the olive oil in a very large, 14-inch, lidded skillet over medium-high heat until the oil shimmers and becomes fragrant, about 2 minutes.
5. Add the meatballs in a single layer and cook, turning frequently, until golden brown, about 5 minutes. If oil becomes too hot, lower the heat to medium.
6. Add ¼ cup of water to the bottom of the skillet. Cover with the lid and cook the meatballs until cooked through, about 2-3 more minutes. The internal temperature should reach 160°F.
7. Remove the meatballs from the skillet to a serving plate using a slotted spoon. Serve immediately.

Adapted from Healthy Recipes



Lamb Burgers with Feta and Harissa* Aioli

Ingredients

For the Harissa Aioli

- 1/2 cup mayonnaise
- 4 tsp. harissa*
- 1 large clove garlic, minced

For the Lamb Burgers

- 1 1/3 pounds **Carson Valley Meats ground lamb**
- kosher salt and freshly ground black pepper to taste
- 4 brioche buns
- 2 ounces feta crumbled
- 2 cups baby arugula or baby greens
- 4 slices of tomato



Method

1. Make the Harissa Aioli by whisking together mayonnaise, harissa and garlic in a small bowl. Set aside.
2. Heat a grill pan or cast iron skillet over medium-high heat until hot.
3. Meanwhile, divide ground lamb evenly and form four 1-inch-thick burgers, making a depression in the center for even cooking. Season both sides of the burgers with salt and freshly ground black pepper.
4. Transfer burgers to a hot grill pan and cook 5 minutes on each side or until the internal temperature reaches 160F on an instant-read thermometer.
5. Assemble burgers: slather the bottoms of each brioche bun with aioli and top with burger, feta, arugula, and tomato. Slather the inside of the top bun with aioli and place on top. Serve.

Make it your own by adding red onion and fresh herbs like fresh mint, parsley, or oregano. You can also serve with tzatziki sauce for more of a Greek influence.

Adapted from Pinch and Swirl

*Harissa is a hot chili pepper paste or sauce made from roasted or dried red chili peppers, and blended with garlic, EVOO and spices. You can buy it in major grocery stores!



Amber Braised Lamb Shanks

Ingredients

3 Carson Valley Meats lamb shanks

- 1 1/2 tbsp. coarse salt
- 2 tsp. ground black pepper
- 2 tbsp. olive oil or vegetable cooking oil
- 1 yellow onion
- 2 carrots
- 2 celery ribs
- 1-2 tbsp. tomato paste
- 4 garlic cloves
- 1 tbsp. flour
- 18 oz. lager or ale
- 2 cups stock (beef or vegetable)
- 2 tbsp. dark brown sugar
- 2 bay leaves
- 1 tbsp. cumin
- 2 tbsp. dried thyme or 8-10 sprigs fresh



For The Gravy

- 1 tbsp. Dijon mustard
- 1 tbsp. corn starch
- 2 tbsp. cold water

Method

1. Preheat oven to 275 F. Clean and rough chop all the veggies and garlic and set aside. Pat the lamb shanks dry and season them well with salt and pepper.
2. Heat oil over medium-high heat in the Dutch Oven (or a large heavy skillet) and sear the lamb shanks for about 2-3 minutes on each side. Work in batches. Remove when nicely browned and set aside.
3. Lower the heat to medium and add the veggies and garlic, stir them, and let them soften for 4-5 minutes. Add the flour and the tomato paste, stir, and cook for one minute.
4. Deglaze with beer or wine and scrape all the brown bits from the bottom of the pan. Add the beef stock, the bay leaves, the thyme, the cumin, and the brown sugar. Stir well, then place the lamb shanks into the liquid and increase the heat to bring to a boil.
5. Cover with the lid and place it in the oven for about 2 hours. Check them to see how tender they have become about an hour and a half in, and braise for as long as needed after that, until they reach your desired tenderness.
6. When the lamb shanks are done, remove them from the braising liquid (carefully, the meat will be very tender) and let them rest for a few minutes. Cover with aluminum foil to keep warm if needed.



7. After removing the shanks, skim the fat on top of the braising liquid with a spoon and discard. Strain the vegetables and herbs using a sieve and discard them, reserve the liquid.
8. Heat the same pan where you cooked the shanks over medium heat, add the strained juices and the Dijon mustard, and bring to a simmer. Whisk to incorporate.
9. Mix 1 tbsp cornstarch with 2 tbsp cold water and add to the boiling liquid. Stir to thicken. Remove from heat.
10. Transfer to gravy boat or place shanks back in to serve family style.

Adapted from Craft Beering



Irish Lamb Stew

Ingredients

2 lbs. **Carson Valley Meats Lamb shoulder**, cut into 1 ½ inch pieces
Salt & pepper to taste
2 tbsp. vegetable oil divided
1 large onion, sliced
4 cups beef broth, divided
2 tbsp. butter
1 bottle Guinness beer
2 bay leaves
3 carrots, chopped into 3-inch pieces
2 large potatoes, about 1 ½ lbs.
2 sprigs thyme or ½ tsp. dried
¼ cup parsley, chopped



Method

1. Season lamb with salt and pepper. In a large Dutch oven or soup pot, heat 1 tablespoon oil over medium heat and brown the lamb in small batches. Remove from the pot and set aside in a bowl.
2. Add the onions to the pot with remaining oil. Cook until tender, about 5 minutes. Remove from the pot and add to the same bowl as the lamb.
3. Add about 2 tablespoons of broth to deglaze and scrape any brown bits off the bottom. Cook until the broth has evaporated.
4. Whisk in butter and flour. Cook for one minute. Turn heat to low. Add the beer, then the broth, a small amount at a time, mixing until smooth after each addition. The mixture will seem pasty and thick at first. Continue adding liquid a little bit at a time until smooth.
5. Add the lamb and onions back into the pot with bay leaves and simmer for 90 minutes or until the lamb is fork-tender. Add potatoes, carrots, and thyme and simmer for 25 minutes or until tender.
6. Stir in parsley and serve with Irish soda bread.

Adapted from Spend with Pennies



Garlic and Rosemary Grilled Lamb Chops

Ingredients

2 lb. **Carson Valley Meats** lamb shoulder chops

4 cloves garlic, minced

1 tbsp. rosemary, chopped

1 1/4 tsp. kosher salt

1/2 tsp. ground black pepper

Zest of 1 lemon

1/4 cup olive oil



Method

1. Combine the garlic, rosemary, salt, pepper, lemon zest and olive oil in a measuring cup.
2. Pour the marinade over the lamb chops, making sure to flip them over to cover them completely.
3. Cover and marinate the chops in the fridge for as little as 1 hour, or as long as overnight.
4. Grill the lamb chops on medium heat for 7-10 minutes, or until the internal temperature reads 135 degrees F.
5. Allow the lamb chops to rest on a plate covered with aluminum foil for 5 minutes before serving

Adapted from Delish Dlites



Skillet Huevos Rancheros with Ground Lamb

Ingredients

1 lb. **Carson Valley Meats ground lamb**
2 tbsp. olive oil
1/2 cup yellow onion, diced
2 whole garlic cloves, minced
1 14 oz can black beans, rinsed, drained
2 medium tomatoes, diced
1 tsp. ground cumin
1 tsp. chili powder
1 tsp. ground paprika
1 tsp. garlic powder
1 tsp. ground coriander
2 tbsp. water
5 to 6 Flour Tortillas
4 Carson Valley Meats eggs
1 cup Shredded Mexican cheese
Kosher salt and pepper to taste



Method

1. Preheat your oven to 400°F. In a large, oven-proof, nonstick skillet preheated to medium-high heat, add 1 tbsp olive oil and ground lamb.
2. Sauté the lamb until it is no longer pink (or until a meat thermometer reaches 160°F). Remove the lamb from the skillet and allow it to rest for three minutes.
3. Meanwhile, in the same skillet, add the remaining 1 tbsp. olive oil to the skillet. Sauté the onion, black beans, garlic, tomatoes, spices, water, kosher salt, and pepper.
4. Simmer on medium for about 5 minutes or until the tomatoes are tender. Remove the mixture from the skillet and set aside.
5. Next, spray the skillet with nonstick cooking spray and lay tortillas in the bottom of the skillet, overlapping. Top the tortillas with ground lamb and vegetable mixture.
6. Next, make four indentations using the back of the spoon and crack one egg into each hole. Top the eggs with shredded cheese and bake for about 10 to 15 minutes or until the egg whites have set.
7. Remove from the oven and garnish with all your favorite toppings!

Adapted from The Curious Plate