



EDITED BY **Perrin Davis** AND **Kate DeVivo**

Lamb 101

Master
Cooking
Lamb with
101 Great
Recipes

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101 Great Recipes

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Introduction

Agate Surrey Books wants to help everyone, but especially kitchen beginners, learn how to explore different kinds of food and cooking and all sorts of ingredients. We are proud to introduce the 101 series, which aims to provide rewarding, successful, and fun cooking experiences for everyone, from novices to more experienced cooks.

Lamb 101: 101 Great Ways to Make Lamb offers readers not only delicious recipes but also useful information about shopping for equipment, ingredients, kitchen essentials, and seasonings. Figuring out what to do with that lamb sitting in your fridge might be a little intimidating, but we'll give you lots of simple options. So whether you've only recently acquired a taste for lamb or have been a lifelong fan, *Lamb 101* is a great place to find a repertoire of go-to recipes for a variety of different cuts.

Most of the recipes in these 101 series books come from a wide range of Agate Surrey authors and editors. Contributors to *Lamb 101* include Sue Spitzer, editor of the "1,001" series that includes such titles as *1,001 Best Low-Fat Recipes*; Viktorija Todorovska, author of *The Puglian Cookbook*; and Dave DeWitt, author of *1,001 Best Hot and Spicy Recipes*.

Lamb 101 recipes were selected to provide a starting point for anyone beginning their cooking journey. The collection includes a variety of cuisines (Italian, Greek, Cuban, Indian, and Middle Eastern, to name a few)—be sure to check out the [Lamb Dishes from Around the World](#) chapter to see them all! Most of the recipes in *Lamb 101* are simple, but a handful of them are more advanced; you'll find that all are easy to follow.

A TASTE OF WHAT YOU'LL FIND IN THIS BOOK

This book contains lots of fantastic main-dish options. Don't miss great dinner-party options like [Lamb Biryani](#), [Pastitsio](#), [Chilindrón de Cordero](#) (Cuban Lamb with Peppers), and [Shepherd's Pie](#), as well as delicious family pleasers like [Hearty Rosemary Lamb Stew with Sweet Potatoes](#), [Lamb and Cayenne Kefta](#), and [Savory Lamb Stew](#). [Lamb and Chipotle Mayo Sliders](#) and [Lamb Loin Chops with Dijon Crust](#) will put smiles on everyone's face, and the [Easy and Fast Lamb Loin Chops](#) are a big favorite in Perrin's house.

In the [Slow-Cooker Recipes](#) chapter, check out delicious dishes like [Minced Lamb with Peas, Indian Style](#); [Greek Pitas](#); [Lamb and Beef Stew with Cognac](#); and [Marrakech Lamb Stew](#).

But before you get started cooking some of these great recipes, make sure you're up to speed on some cooking basics, and that your kitchen and pantry are ready to go!

LAMB BASICS

Making your own recipes from fresh, natural, wholesome ingredients is always the best option. The recipes in this book are, generally speaking, very simple, but involve few processed ingredients. With the obvious exception of the slow-cooker dishes, you'll be able to prepare a hot, fresh meal that will delight your whole group in no time flat!

Many of the recipes in this book are specifically for the grill, as lamb is particularly well suited for it. The same goes for the slow cooker ... we've included several recipes that are tailored just for the slow cooker, but a number of them also have conventional recipe equivalents earlier in the book.

KITCHEN EQUIPMENT BASICS

If you are a new cook, or it's been a while since you've spent time in the kitchen, here is some helpful information that will make it easy to jump into *Lamb 101* recipes. If you have the following equipment, you will be prepared to make almost any recipe in this book.

Appliances

We're sure you know this already, but your kitchen should include the following standard set of appliances.

Pretty Much Mandatory

- Refrigerator/freezer (set to about 34°F to 38°F [1°C to 3°C], or as cold as you can get it without freezing vegetables or drinks)
- Freezer (if yours is not frost-free, you'll periodically need to unplug it to defrost your snow-filled box)
- Stove/oven (make sure to keep the oven very clean, as burnt foods and other odors can affect the taste of your food)
- Microwave (again, make sure it's clean and ready for use), because it's great for defrosting
- Blender (and not just for beverages and soups—you can use it in place of a food processor or an immersion blender in some instances)
- Hand mixer (well, you can always stir by hand, but sometimes, the hand mixer is indispensable)
- Slow cooker (mandatory at least for some of the recipes in this book!)
- Grill (same here ... but you can always use a stovetop griddle to grill indoors)

Optional

- Food processor
- Stand mixer

Pots and Pans

The following are useful basic equipment for any kitchen.

- Stockpot (8 to 10 quarts [7.6 to 9.5 L])
- Dutch oven (5 to 6 quarts [4.7 to 5.7 L])
- Pancake griddle
- Large stockpot with lid (6 to 8 quarts [5.7 to 7.6 L])
- Large skillet with lid (10 to 12 inches in diameter [25 to 30 cm])
- Medium skillet with lid (7 to 8 inches in diameter [17.5 to 20 cm])
- Medium or large saucepan with lid (2 or 3 quarts [1.9 to 2.8 L])
- Small saucepan with lid (1 quart [.95 L])
- Glass casserole dish (2 quart [1.9 L])
- Square cake pan (8 or 9 inches [20 to 22.5 cm])
- Rectangular cake pan (13 by 9 inches [32.5 by 22.5 cm])
- 2 loaf pans (8 inches [20 cm] long)
- Muffin pan (12 muffins)
- Pie pan (9 inches in diameter [22.5 cm])
- 2 baking sheets

General Utensils

These are recommended basics for any kitchen.

- Knives: Chef's knife, serrated knife, and paring knife
- Measuring cups for both dry and liquid measures
- Measuring spoons
- Mixing bowls (two or three, ranging from 1 or 2 quarts to 5 or 6 quarts [.95 or 1.9 L to 4.7 or 5.7 L])
- Wooden spoons, slotted spoon, rubber or silicone spatula, ladle, whisk, tongs, and a large metal "flipper" for hamburgers and similar foods
- Colander
- Cheese grater
- Citrus zester
- Salt and pepper mills
- Kitchen scissors
- Vegetable peeler
- Can opener
- Cooling rack
- Kitchen timer
- Cutting boards
- Pot holders
- Kitchen towels

Storage and Paper Supplies

Either in a handy drawer or on a shelf, make sure you have all of these items within easy reach.

- Plastic or glass storage containers (5 to 10, varying sizes)
- Aluminum foil
- Plastic wrap
- Parchment paper
- Small baggies
- Large baggies

BASIC INGREDIENTS LIST

This section includes the basics that you should have on hand, but this is by no means a comprehensive list for every recipe in this book. If you have these ingredients as a starting point, however, you'll be in great shape to tackle almost any of the Lamb 101 recipes!

Seasonings and Flavorings

- Kosher salt
- Bay leaves
- Cayenne pepper
- Chili powder
- Curry powder
- Ground cumin
- Dry mustard
- Garlic powder
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Red pepper flakes
- Rosemary
- Italian seasoning
- Oregano
- Paprika
- Real vanilla extract (Nielsen-Massey is the best)
- White pepper
- Freshly ground black pepper

Condiments

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice wine vinegar
- White wine vinegar
- Honey
- Hot pepper sauce (we love Sriracha)
- Ketchup
- Mustard (both yellow and whole grain)
- Olive oil
- Vegetable oil
- Low-sodium soy sauce
- Worcestershire sauce (Lea & Perrins is preferred)

Baking

- Corn starch
- Baking powder
- Baking soda
- Butter or margarine (but preferably butter)
- Vegetable shortening
- 2% milk
- Pure maple syrup
- Pure molasses
- Granulated sugar
- Light brown sugar
- Dark brown sugar
- Unbleached all-purpose flour
- Cocoa powder
- Fresh large eggs
- General
- White and brown rice (basmati and jasmine are particularly nice varieties that add lots of flavor)
- Dried pasta
- Cannellini beans. They're delicious in everything from soups to salads. You'll find them in a few recipes in this book. Have a can or two on hand as well as some dried beans. We strongly recommend using dried beans in slow-cooker recipes, as the canned ones might just disintegrate during a long cooking time.
- Garlic
- Onions
- Potatoes
- Sweet potatoes
- Canned tomatoes (Muir Glen's organic fire-roasted and regular tomatoes are truly delicious)
- Lentils
- Raisins
- Tomato sauce
- Better than Bouillon food bases. They are Perrin's secret kitchen weapon. While optimally we'd all make our own stocks and broths and keep them in the freezer for when we need them, that's never been terribly practical. Use only 1 teaspoon per cup of boiling water to make your own broth or stock in seconds, and the bases keep forever in your refrigerator. We recommend the organic chicken, mushroom, and vegetable bases, as well as the conventional beef and fish bases. Of course, you can always buy stock or broth in Tetra-Paks as well (but it's a lot more expensive). Pacific Natural Foods makes excellent chicken, beef, and vegetable broth.
- All of the recipes in this book call for fresh cuts of meat, poultry, or fish and seafood. Always avoid pre-seasoned or packaged meats or fish, because you can't be sure about what ingredients they contain.

COMMON COOKING TERMS

You probably are quite familiar with most of these terms. If this is your first time cooking or it's been a while since you've been in the kitchen, here is a quick refresher:

- **Brown:** To cook a meat at a high temperature for a very brief period of time in order to seal in the juices and add a tremendous amount of flavor. You'll see this in a lot of this book's recipes, because it's a great flavor booster. Browning should take no more than 2 or 3 minutes on each side and is done before thoroughly cooking the meat. It may be tempting to skip this step, but please don't ... it's really worth the few minutes in terms of the flavor and texture of the meat once your recipe is complete.
- **Bake:** To cook food with dry heat, usually in the oven at a specified temperature.
- **Boil:** To cook food in boiling water (212°F [100°C]) on the stovetop.
- **Blanch:** A technique that involves immersing food in boiling water for a brief period of time and then immediately transferring into an ice bath in order to stop the cooking process. Blanching is an excellent technique for quickly cooking tender vegetables, as it helps them retain their firmness, crispness, and color.
- **Braise:** This technique is a combination of browning the surface of a meat substitute, which means to cook at a high temperature for a short amount of time, followed by cooking at a lower temperature in a covered pot with liquid for a longer period of time.
- **Broil:** To cook over a high heat at a specified distance from the heat source, usually in the oven or in the "broiler" part of the oven.
- **Deep fry:** To cook food by immersing it in preheated oil.
- **Grill:** To cook over an open flame on a metal framework, grid, or other cooking surface.
- **Roast:** To cook meat in an oven in an uncovered dish, usually resulting in a well-browned surface that seals in juices and flavors.
- **Sauté:** To cook food over a medium-high or high heat in a skillet or sauté pan in a small amount of oil, water, stock, or other liquid.
- **Steam:** To cook food with steam, usually in a steamer rack or basket positioned over (but not immersed in) a pan containing a small amount of water.
- **Stir-fry:** To cook over high heat with a small amount of oil; usually requires regular stirring as food is cooking. It can be used for several kinds of dishes and is often associated with Asian fare.

SLOW COOKING BASICS

Lamb is particularly well suited to the slow cooker. Low and slow cooking really makes the meat tender and delicious, and you can make most any cut of lamb you can think of in the slow cooker.

Slow cookers have been around since the middle of the last century, but Rival's Crock Pot brand really took off in 1971. The name has become interchangeable with the slow cooker, but today countless other manufacturers make slow cookers. They all work pretty much the same—there's a round or oval stoneware, porcelain, or ceramic pot with a lid, usually made of glass or clear plastic (to prevent curiosity from getting the better of you), all set in a metal heating element that cooks food at a low temperature. Slow cooker dishes always contain at least a little liquid, and once the dish begins cooking, the liquid begins to turn into water vapor, which helps create a firm seal for the lid. The vapor condenses into liquid that returns to the food, increasing as time goes by. That is why only a little liquid is added at the start of cooking.

Slow cookers differ greatly in size. The recipes in this book call for a 6-quart cooker, but many cookers are 3½ to 4 quarts. In fact, you can buy a slow cooker today with a capacity as low as 16 ounces and as large as more than 7 quarts. Most cookers have two heat settings—high (about 280°F) and low (170°F).

The cooking process in a slow cooker is really quite simple. You place your ingredients (which, as mentioned above, must always include some liquid) in the pot and turn the device on, setting it to either high or low. The heating element reaches the desired temperature and stays there for as many hours as you have specified on the device's timer. After that time is achieved, most slow cookers will shut off and go to a “keep warm” setting, which keeps the food at about 165°F until you are ready to serve.

One of the greatest advantages of the slow cooker is its ability to turn tough, inexpensive cuts of lamb with lots of connective tissue into delicious, succulent morsels. You'll see that many of this book's recipes call for relatively inexpensive meat cuts. Cooking at such a low temperature means that your food won't burn—so you won't waste it! Slow cookers are also very energy efficient and keep your kitchen cool on a hot summer day.

Whatever you do, never, ever lift the lid of your slow cooker during the cooking process. The constant circulation of steam heat is critical to properly prepare your dish. In addition, if you lift the lid, heat escapes. Since the slow cooker uses a low-wattage heat source, heat recovery takes a very long time—perhaps as much as 30 minutes, which means a longer cooking time. This is why the lid is clear. We mean it. Not even a peek. Read a book or something instead.

GENERAL COOKING TIPS

No matter what you're cooking or how many people you're serving, a few universal rules of the kitchen will make your life easier. The following is a list of our recommendations for the novice cook. These great habits will ensure fewer mistakes, less stress, and ultimately more delicious food.

- **Read every recipe from beginning to end, at least twice, before you start cooking.** This will help to ensure that you understand how it should be made and what you need to make it.
- **Set up your ingredients, pots, pans, and utensils before you begin to prepare the recipes.** We never start a recipe until we have every ingredient on the counter in front of us. (If possible, we also premeasure all the ingredients and have them ready to add, because there's nothing worse than accidentally dumping half a box of kosher salt into an almost-finished recipe.) If you know you'll need a greased pan in step 4, grease it and set it aside before you even get started.
- **Keep a grocery list and a pen attached to the refrigerator.** If you go to the grocery store without a specific list of what you need, you're likely to forget at least a few items.
- **Clean up as you go.** If you take the time to clean your dishes as you're cooking, you'll find that you will have more space to work in and less to do after the meal is done.
- **Time the meal.** It can be complicated to cook multiple recipes at once and make sure that everything ends up finishing at roughly the same time. Make sure you allow for enough time for everything to get done, and for recipes to be cooked simultaneously.
- **Be careful.** It sounds silly, but never forget that you're working with high-temperature appliances and cookware and sharp utensils! Use proper precaution when lifting lids, turning pans, and straining vegetables.
- **Have fun!** We hope you enjoy learning how to cook these recipes and sharing them with others.

Lamb, Comfort-Food Style

Lamb with Fresh Peas

Good butcher shops or lamb farms in the United States feature young lamb in March and April. If you cannot find young lamb, make this recipe with regular lamb, but cook it twice as long. Pair with mashed potatoes and a medium- to full-bodied red wine. This recipe comes from *The Puglian Cookbook* by Viktorija Todorovska.

Yield: 4 servings

3 tablespoons (45 mL) extra virgin olive oil
1 large onion, peeled, quartered, and thinly sliced
1½ pounds (680 g) young lamb (shoulder cut), cubed
½ teaspoon kosher salt, plus more to taste
1 cup (240 mL) dry white wine
1 pound (450 g) frozen peas
Freshly ground black pepper, to taste
½ cup (50 g) grated pecorino cheese

1. In a large Dutch oven over medium heat, warm the oil. Add the onion and cook until softened, about 5 to 6 minutes.
2. Wash the lamb. Pat it dry with a paper towel and season it with the ½ teaspoon of salt.
3. Add the lamb to the Dutch oven and cook for 10 to 12 minutes, until it is browned on all sides.
4. Add the wine to the Dutch oven and cook for 4 minutes, until the alcohol evaporates and the wine reduces by almost half.
5. Reduce the heat to low, cover, and cook for 1 hour. (The lamb should fall apart when pierced with a fork. If you are not using spring lamb, cook the lamb for at least 2 hours over very low heat.)
6. When the lamb is almost done, add the peas and cook for 5 minutes, until the flavors blend. Remove from the heat.
7. Season with the salt and black pepper to taste. Sprinkle with the pecorino cheese and serve hot.

Shepherd's Pie

Usually composed of a whole week's leftovers, this hearty dish can be different each time it is made. This recipe was written by Sue Spitler, whose cookbooks include *1,001 Best Low-Fat Recipes* and *1,001 Best Slow Cooker Recipes*.

Yield: 6 servings

1½ pounds (680 g) boneless leg of lamb, fat trimmed, cubed (½ inch [13 mm])
Kosher salt, as needed
Freshly ground black pepper, as needed
1 tablespoon butter
¾ cup (110 g) chopped onion
¾ cup (110 g) chopped green bell pepper
¾ cup (90 g) sliced celery
3 cloves garlic, minced
3 tablespoons (20 g) flour
2½ cups (600 mL) beef broth
1½ cups (190 g) sliced carrots
1 tablespoon tomato paste
½ teaspoon dried rosemary
½ teaspoon dried thyme
1 bay leaf
¾ cup (100 g) frozen peas
2 cups [Real Mashed Potatoes](#)

1. Season the lamb with the salt and black pepper as needed.
2. In a large saucepan over medium heat, warm the butter. Sauté the lamb for 5 to 8 minutes, until browned. Remove from the pan and set aside.
3. Add the onion, bell pepper, celery, and garlic to the saucepan. Sauté for 5 to 8 minutes, until lightly browned. Stir in the flour and cook for 1 minute.
4. Return the lamb to the saucepan. Add the broth, carrots, tomato paste, herbs, and bay leaf. Raise the heat to high and bring the mixture to a boil.
5. Reduce the heat to medium and simmer, covered, for 1 hour, until the lamb is tender. Discard the bay leaf and stir in the peas. Season to taste with the salt and black pepper. Remove from the heat.
6. Preheat the oven to 400°F (200°C).
7. Pour the stew into a 1½-quart (1.4-L) casserole. Spoon the [Real Mashed Potatoes](#) around the edge of the casserole. Bake, uncovered, for 10 minutes, until the potatoes are browned. Remove from the oven and serve hot.

Real Mashed Potatoes

Just like grandma used to make! For a country-style variation, leave potatoes unpeeled. Real Mashed Potatoes make a perfect side dish for [Shepherd's Pie](#).

Yield: 8 servings

2 pounds (900 g) Idaho potatoes, peeled, quartered, and cooked
½ cup (120 mL) sour cream
¼ cup (60 mL) milk, hot
2 tablespoons unsalted butter
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large mixing bowl, mash the potatoes with a potato masher or electric mixer, gradually adding the sour cream, milk, and butter. Season with the salt and black pepper.
2. Transfer the mixture to a saucepan. Warm the mixture over medium heat for 5 minutes, until hot. Serve hot.

Lamb with Potatoes

This dish pairs well with a full-bodied red wine.

Yield: 4 servings

4 medium Yukon gold potatoes, peeled and cut into strips
1½ pounds (680 g) lamb shoulder, cut into pieces
½ cup (120 mL) extra virgin olive oil
½ cup (120 mL) dry white wine
½ cup (50 g) grated pecorino cheese, for sprinkling
Kosher salt, as needed
Freshly ground black pepper, as needed

1. Preheat the oven to 400°F (200°C).
2. In a large baking dish, combine the potatoes, lamb, oil, and wine. Sprinkle with the pecorino cheese, salt, and black pepper.
3. Mix everything together with your hands, making sure to rub the oil, pecorino cheese, salt, and black pepper well into the lamb and potatoes.
4. Bake, uncovered, for 1 hour and 15 minutes. Remove from the oven and serve hot.

Broiled Herbed Lamb Chops

This recipe from *Light & Easy Diabetes Cuisine* by Betty Marks goes great with [Braised Kale](#) and [Curried Potatoes](#).

Yield: 4 servings

4 4-ounce (115-g) lamb rib chops
2 garlic cloves, minced
1 teaspoon dried rosemary, crushed
Kosher salt, as needed
Freshly ground black pepper, as needed

1. Preheat the broiler.
2. Trim any fat from the chops. Mix the garlic with the rosemary and rub the mixture onto the chops. Season with the salt and black pepper.
3. Broil the chops 3 inches (7.5 cm) from the heat source, 4 to 5 minutes on each side. Lamb is best when served pink, but it can be served well done. Remove from the oven.
4. Transfer the lamb to a platter and tent with foil. Allow the chops to rest for 5 minutes and serve warm.

Braised Kale

A delicious side dish, Braised Kale goes wonderfully with [Broiled Herbed Lamb Chops](#).

Yield: 6 servings

2 pounds (900 g) fresh kale, washed well
1 teaspoon virgin olive oil
1 small onion, chopped
1 garlic clove, minced
¼ teaspoon freshly ground black pepper
3 tablespoons (45 mL) water
2 teaspoons fresh lemon juice
1 teaspoon bacon bits

1. Finely chop the kale. Set aside.
2. In a large nonstick skillet over medium heat, warm the oil. Add the onion and garlic and sauté for 5 minutes, until softened.
3. Add the kale, black pepper, and water to the skillet. Cook over medium heat 15 to 20 minutes, or until tender. Remove from the heat.
4. Add the lemon juice to the skillet and stir well. Transfer to a serving dish and garnish with the bacon bits. Serve hot.

Curried Potatoes

Curried Potatoes can be served as a side with many lamb dishes in this book, including [Broiled Herbed Lamb Chops](#).

Yield: 4 servings

1 pound (450 g) small new potatoes, cut in half
1 tablespoon butter
1 large garlic clove, minced
1 medium-size onion, chopped
1 teaspoon curry powder
1 tablespoon chopped fresh parsley
1 tablespoon fresh lime juice
½ teaspoon kosher salt
Dash cayenne pepper

1. Fill a large saucepan $\frac{2}{3}$ of the way with water. Place over medium–high heat and bring to a boil. Add the potatoes and cook, covered, for 15 to 20 minutes, until tender. Remove from the heat and drain in a colander. Set aside.
2. In a large nonstick skillet over medium heat, warm the butter. Add the garlic and onion and sauté for 5 minutes, until softened. Stir in the curry powder. Add the parsley, lime juice, salt, and cayenne pepper. Stir well. Remove from the heat.
3. Add the potatoes to the skillet and toss well. Transfer to a serving dish and serve hot.

Chile-Roasted Rosemary Leg of Lamb

Here is a Southwestern entrée that is both dramatic and elegant. The lamb is carved at the table and served with twice-baked potatoes and a colorful vegetable, such as dilled whole baby carrots. The Pope of Peppers, Dave DeWitt, offers up this recipe in his cookbook *1,001 Best Hot and Spicy Recipes*.

Yield: 8–10 servings

4 tablespoons (23 g) unsalted butter
8–10 green New Mexican chilies, roasted, peeled, stems removed, and chopped
2 cups (180 g) chopped leeks
½ cup (15 g) chopped fresh rosemary
8 cloves garlic, peeled and coarsely chopped
1 (4-pound [1.82-kg]) leg of lamb, deboned and butterflied
Flour, as needed for dredging
Ground red New Mexican chilies, as needed
Kosher salt, as needed
Freshly ground black pepper, as needed
1 large carrot, chopped
1 large onion, peeled and chopped
1 large potato, peeled and chopped

1½ cups (355 mL) water
2 cups (475 mL) dry red wine
3 tablespoons (23 g) all-purpose flour
½ cup (120 mL) milk

1. Preheat the oven to 450°F (230°C).
2. In a large skillet over medium heat, melt the butter. Add the chilies, leeks, rosemary, and garlic and sauté for 4 minutes, until the leeks are soft. Remove from the heat.
3. Spread the sautéed mixture on the top side of the lamb. Roll the roast up and tie it with kitchen twine in 4 to 6 places to hold it together.
4. In a shallow baking dish, mix the flour with the ground chilies. Lightly dust the roast with the flour mixture and season with the salt and black pepper.
5. Place the carrot, onion, potato, and water in a roasting pan. Place a rack atop the vegetables.
6. Place the roast atop the rack and put the pan in the preheated oven. Immediately reduce the oven temperature to 350°F (180°C) and roast the lamb for 20 minutes per pound (450 g) for rare, or to your desired doneness. Remove from the oven.
7. Remove the lamb from the rack and transfer it to a platter. Tent with foil to keep it warm. Transfer the pan drippings and vegetables to a saucepan.
8. Place the roasting pan over medium heat on the stovetop and add the wine. Deglaze the pan thoroughly, clearing off any brown bits. Transfer the contents of the roasting pan to the saucepan.
9. Place the saucepan over medium–high heat and bring to a boil. In a small mixing bowl, combine the flour and milk. Slowly stir this mixture into the saucepan, forming a thick sauce. Once the sauce attains the desired consistency, remove from the heat.
10. Carve the lamb and transfer the slices to a platter. Pour the wine sauce over the sliced lamb and serve warm.

Grilled Piñon Lamb Chops

Here is a delicious combination of ingredients from the Southwest—pine nuts, chile, and lamb. For an authentic, smoky flavor, grill the lamb chops over mesquite wood or charcoal covered with mesquite chips soaked in water.

Yield: 4 servings

1 tablespoon ground red New Mexican chile
¾ cup (175 mL) olive oil
5 tablespoons (75 mL) toasted piñons (pine nuts)
½ cup (131 g) tomato paste
¼ cup (60 mL) distilled white vinegar
3 cloves garlic, peeled
4 lamb chops, cut 1–1½ inches (2.5–3.5 cm) thick

1. Combine all the ingredients, except the lamb chops, in a blender and purée until smooth.
Brush the chops with the mixture and allow them to marinate for at least an hour.
2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]), making sure the grill has been well oiled or sprayed with a nonstick cooking or grilling spray.
3. Grill the chops, turning them occasionally, until done, about 7 to 10 minutes per side. Remove from the heat.
4. Transfer the chops to a platter and tent with foil. Allow to rest for 5 to 10 minutes and then serve warm.

Spicy-Sweet Lamb Cutlets

In place of the plum jam in this recipe, you could use fig jam or blood orange marmalade. For a sweet-hot flavor, add a minced habañero or jalapeño pepper. This recipe comes from *1,001 Best Grilling Recipes* by Rick Browne.

Yield: 4 servings

3 tablespoons (45 mL) plum jam
2 tablespoons tomato sauce
2 tablespoons brown sugar
2 tablespoons dark soy sauce
1 tablespoon dry mustard
2 teaspoons Worcestershire sauce
1 teaspoon five-spice powder
8 lamb cutlets, trimmed
1 tablespoon toasted sesame seeds
Parsley sprigs, for garnish

1. In a small bowl, whisk together the jam, tomato sauce, brown sugar, soy sauce, mustard, Worcestershire sauce, and five-spice powder.
2. Place the cutlets in a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag. Pour in the marinade, seal the bag, and shake to coat. Refrigerate for 4 to 6 hours or overnight, turning over several times.
3. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]), making sure the grill has been well oiled or sprayed with a nonstick cooking or grilling spray.
4. Remove the cutlets from the marinade. Pour the marinade into a saucepan over medium–high heat. Bring to a boil and boil the marinade for 10 minutes while the lamb rises to room temperature. Remove from the heat.
5. Cook the cutlets directly on the hot grill for 2 to 3 minutes on each side, turning once and brushing both sides with the marinade while grilling. When the meat is still pink inside but browned outside, it's ready to serve. Remove from the heat.
6. Place the cutlets on a warmed platter, garnish with the toasted sesame seeds and parsley, and serve.

Crown Roast of Lamb

Your butcher will wire or tie together two racks of lamb loin chops for you, usually resulting in a 16-bone roast with the ends of the bones Frenched (meat and fat cut off the ends of the ribs to expose the bare bones).

Yield: 8 servings

½ cup (120 mL) olive oil
½ pound (225 g) mild Italian sausage
1 pound (450 g) cremini mushrooms, chopped
1½ cups (144 g) chopped onion
1 cup (80 g) diced celery
1 clove garlic, peeled and minced
½ cup (120 mL) water
1 (7-ounce [200-g]) package seasoned stuffing mix
1 cup (143 g) slivered almonds, toasted
1 (4–5 pound [1.8–2.3 kg]) crown roast of lamb
2 cloves garlic, peeled and slivered
2 tablespoons fresh lemon juice
2 tablespoons kosher salt
1 teaspoon cracked black peppercorns
Cherry tomatoes or pearl onions, slit open, for garnish

1. In a large saucepan over medium heat, warm the oil. Crumble the sausage in the pan and cook until browned. Add the mushrooms, onions, celery, and minced garlic and cook for 5 minutes, or until tender. Stir in the water and bring to a boil. Add the stuffing mix and toss well. Stir in the almonds.
2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]) for direct grilling. Line a shallow roasting pan with heavy-duty aluminum foil.
3. With a sharp knife, make slits in several places in the meaty part of the roast. Insert a sliver of garlic into each slit. Brush the roast with the lemon juice, and rub it with the salt and cracked peppercorns.
4. Place the roast, bone ends up, in the prepared roasting pan. Insert a meat thermometer in the thickest part of the roast, making sure it does not touch fat or bone. Fill the cavity with the stuffing mix and cover the stuffing and the bone ends of the ribs with aluminum foil.
5. Bake the roast on the grill for 1 hour and 15 minutes. Remove the foil from the stuffing and bake an additional 15 minutes, or until the meat thermometer registers 160°F (71°C). Remove from the heat.
6. Transfer the roast to a warmed platter, cover the entire roast with foil, and let rest for 10 minutes so the juices can be reabsorbed. Remove the foil, skewer the cherry tomatoes or pearl onions on the ends of the bones, and serve.

Roast Leg of Lamb with Mandarin Oranges

Make your own citrus salt by stirring together 1 tablespoon each of finely grated lemon, lime, and orange zest with ½ cup (120 mL) sea salt, cooking in a 200°F (95°C) oven for 2 hours, pouring into a clean coffee grinder, and processing until finely ground.

Yield: 6–8 servings

- 1 5½-pound (2.5-kg) boneless leg of lamb, tied
- 3 large cloves garlic, peeled and cut into thin slivers
- ¼ cup (60 mL) olive oil
- 2 (11-ounce [310-g]) cans mandarin oranges, drained, juice reserved
- 2 tablespoons grated mandarin orange zest
- 1 tablespoon citrus salt
- 2 teaspoons dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon lemon pepper

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]). Spray a roasting pan or Dutch oven with nonstick cooking spray.
2. With a sharp paring knife, cut small slits in the lamb. Insert garlic slivers in the slits. Place the lamb, rounded side up, in the prepared roasting pan or Dutch oven. Set aside.
3. In small bowl, combine the oil, 1 can of the mandarin oranges, half of the reserved juice from the cans, the grated mandarin orange zest, the citrus salt, the oregano, the rosemary, and the lemon pepper. Brush this mixture over the lamb. If using a meat thermometer, insert it into the thickest part of the lamb without touching bone.
4. Place the lamb on the grill and roast for 1½ to 2 hours, or until a meat thermometer registers 135°F (57°C) for rare or 150°F (65°C) for medium, basting the lamb frequently with the pan juices. Remember that the meat will rise 10°F (3°C) in temperature when covered with foil and allowed to rest for 15 minutes after cooking. Remove from the heat.
5. Transfer the lamb to a large cutting board, reserving the pan drippings. Arrange the remaining mandarin oranges around the lamb. Cover loosely with foil and let stand for 15 minutes before carving. Carve the lamb and transfer the pieces to a serving platter tented with foil.
6. Pour all the drippings from the roasting pan into a fat separator cup. Let stand so that fat separates from the juices at the bottom. Pour off and discard the fat. Pour the pan juices back into the roasting pan and add the remaining mandarin orange liquid. Place the roasting pan over low heat and heat to serving temperature, stirring constantly. Pour the sauce into a sauce boat.
7. Serve the lamb hot with the sauce.

Sautéed Lamb Chops with Chimayó–Red Wine Sauce

This recipe combines wine with chile to produce a spicy sauce. Many aficionados say that Chimayó chile is the most flavorful of the New Mexican red chilies, but if it is not available, substitute any ground red chile.

Yield: 4 servings

4 teaspoons ground red New Mexican chile (Chimayó preferred), divided
2 teaspoons finely chopped fresh cilantro
2 teaspoons ground oregano
1 teaspoon ground cumin
1 teaspoon garlic powder
4 large, thick lamb chops (2–3 pounds [900 g–1.3 kg] total)
3 tablespoons (45 mL) vegetable oil, divided
4 tablespoons (60 mL) chopped onion
1 clove garlic, peeled and minced
½ cup (120 mL) beef broth
1 cup (235 mL) dry red wine
2 tablespoons butter

1. Combine 1 teaspoon of the chile, the cilantro, the oregano, the cumin, and the garlic powder and rub this mixture into the lamb chops. Allow the meat to rest with the rub in the refrigerator for 1 hour or more.
2. In a heavy skillet over medium–high heat, warm 2 tablespoons of the oil until very hot. Sauté the lamb chops for 2 to 3 minutes on each side, until medium rare. Remove the chops to a platter and tent with foil.
3. Add the remaining oil, the remaining ground chile, the onion, and the garlic to the skillet. Quickly sauté for 5 to 7 minutes, until the onions start to brown.
4. Raise the heat to high and add the broth. Bring the broth to a boil and deglaze the pan by adding the wine. Reduce the heat to medium–high and simmer for 15 to 20 minutes, until the sauce is reduced by half. Remove the pan from the heat, strain the sauce, and stir in the butter.
5. Remove the foil from the chops and top them with the sauce. Serve any remaining sauce on the side.

Lamb Couscous with Onions and Raisins

Serve with side of [Harissa Sauce](#) to increase the heat.

Yield: 6–8 servings

2 tablespoons olive oil
2 pounds (900 g) boneless lamb, cubed
2 medium onions, peeled and sliced, divided
2 quarts (1.9 L) water
1 bunch cilantro, tied together with string
¼ teaspoon crushed saffron threads
1 teaspoon ground turmeric, divided
4 cups (770 g) cubed, unpeeled pumpkin or squash
4 tablespoons (23 g) butter, divided
2 teaspoons ground cinnamon
2 teaspoons ground ginger
2 tablespoons slivered almonds
2 tablespoons sugar or 3 tablespoons (45 mL) honey
1½ cups (355 mL) raisins, soaked in warm water and drained
2 teaspoons ground red New Mexican chile
3 cups (710 mL) beef stock
1 pound (450 g) couscous
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large, heavy skillet over medium–high heat, warm the oil. Add the lamb and half the onion and cook for 8 minutes, until browned. Remove from the heat.
2. Transfer the lamb and onion to a large stockpot over medium–high heat. Add the water, cilantro, saffron, ½ teaspoon of the turmeric, and the pumpkin cubes and bring to a boil. Reduce the heat to medium–low, cover, and cook until the pumpkin is tender, about 1 hour and 15 minutes.
3. Remove the pumpkin from the stockpot. When it is cool enough to handle, peel the pumpkin's skin off and set aside.
4. Remove and discard the cilantro from the stockpot. Replace the cover and continue cooking until the meat is tender. Remove from the heat and set aside.
5. In the same skillet over very low heat, melt 3 tablespoons (45 mL) of the butter over medium heat. Add the remaining onions, the remaining turmeric, the cinnamon, the ginger, the almonds, the sugar, the raisins, and the ground chile. Cover and cook for 30 minutes. Remove from the heat and set aside.

6. In a large saucepan over medium–high heat, bring the broth to a boil. Place the couscous in a large bowl and pour the broth over it. Cover the bowl and allow the couscous to stand until all the liquid is absorbed. Mix in the remaining butter. Use a fork to fluff up the grains. Cover and keep warm over very low heat until serving time.
7. Pile the couscous on a large platter. Make a well in the center of the mound and place the pumpkin and lamb inside the well. Top with the onion and raisin mixture, season with the salt and black pepper, and serve warm.

Spiced Lamb with Apricots

Buy your apricots at a natural foods store for the best results. (Note: This recipe requires advance preparation.)

Yield: 5–6 servings

½ cup (80 mL) freshly squeezed orange juice
¼ cup (60 mL) olive oil, divided
3 cloves garlic, peeled and minced
2 tablespoons minced fresh cilantro
2 tablespoons Harissa Sauce, plus more for serving
2 tablespoons minced fresh mint
½ teaspoon ground cumin
⅛ teaspoon freshly grated nutmeg
1½ pounds (680 g) cubed lamb
8 dried apricots, soaked in water overnight in the refrigerator
1 cup (235 mL) chopped onion
¼ cup (60 mL) chopped dried dates
2 cups (475 mL) chicken stock
6 cups (1 kg) cooked saffron-infused rice, warmed
3 tablespoons (18 g) toasted sesame seeds, for garnish

1. In a shallow glass baking dish, combine the orange juice, 2 tablespoons of the oil, the garlic, the cilantro, the Harissa Sauce, the mint, the cumin, the nutmeg, and the lamb. Cover and refrigerate overnight.
2. The next day, uncover the mixture, and allow it to sit outside the refrigerator for 30 minutes. Drain the lamb into a colander, reserving the marinade.
3. Drain the apricots, reserving the water, and set them aside.
4. In a large cast-iron (or otherwise cooktop-safe) casserole dish, warm the remaining 2 tablespoons of oil. Add the onion and sauté for 2 minutes. Add the lamb and sauté for 4 minutes, until the lamb is browned.

5. Add the reserved marinade, apricots, apricot soaking liquid, dates, and stock to the casserole dish and bring the mixture to a boil. Allow it to boil for 1 minute.
6. Reduce the heat to low, cover, and simmer gently for 1 hour and 15 minutes, until the lamb is tender. Remove the cover and continue simmering the lamb until the mixture has thickened slightly. Remove from the heat.
7. Serve the lamb hot, over the saffron-infused rice, and sprinkle the toasted sesame seeds over the top. Serve a small bowl of additional Harissa Sauce on the side.

Lamb and Chipotle Mayo Sliders

These sliders can also be made with pork, beef, chicken, turkey, or even venison. Serve with coleslaw and baked beans.

Yield: 4–5 servings

1–1½ pounds (450–680 g) ground lamb
Kosher salt, as needed
Freshly ground black pepper, as needed
1 ounce (30 g) shredded sharp cheddar cheese
4 slices bacon, cooked and halved lengthwise
2 tablespoons mayonnaise
1 tablespoon chopped chipotle pepper
1 teaspoon fresh lime juice
8–10 small slider rolls

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. Season the lamb with the salt and black pepper. Form the meat into 8 to 10 slider-sized patties.
3. In a grill pan or cast-iron skillet, cook the patties on the hot grill for 4 to 5 minutes. Flip them, add the shredded cheese and bacon, and cook for another 4 to 5 minutes. Remove from the heat, place on a platter, and tent with foil.
4. In a small mixing bowl, whisk together the mayonnaise, chipotle pepper, and lime juice until thoroughly combined. Set aside.
5. Place the rolls on the grill until they are slightly toasted. Spread them with the chipotle mayonnaise. Add the patties and bun tops and serve warm on the platter.

Lemon–Oregano Lamb Chops

Marinade variations can include lime and basil, orange and cumin, and grapefruit and rosemary.

Yield: 4 servings

2 tablespoons fresh lemon juice
2 teaspoons chopped fresh oregano
1 teaspoon extra virgin olive oil
1 clove garlic, peeled and minced
8 (4-ounce [115-g]) lamb loin chops, trimmed
½ teaspoon celery salt
¼ teaspoon freshly ground black pepper
Grilled vegetables and cooked couscous, for serving

1. In a large, resealable plastic bag, combine the lemon juice, oregano, oil, and garlic. Add the lamb to the bag and turn to coat. Seal and marinate at room temperature for 15 minutes, turning the bag occasionally.
2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]), making sure the grill is well sprayed with nonstick cooking or grilling spray.
3. Remove the lamb from the bag and discard the marinade. Sprinkle the lamb lightly with the celery salt and black pepper. Grill for 3 minutes on each side, or until the meat reaches your desired degree of doneness. Remove from the heat and transfer to a serving platter tented with foil. Allow the meat to rest for 5 minutes before serving.
4. Serve the chops warm with the grilled vegetables and couscous.

Fruit-Nut Stuffed Lamb Breasts

You can of course use different fruit and nut combinations: for example, apricots and plums with pecans and cashews, figs and prunes with candied walnuts and salted peanuts, or peaches and pears with pine nuts.

Yield: 4–6 servings

2 1½-pound (680-g) breasts of lamb
Kosher salt, as needed
Freshly ground black pepper, as needed
1 tablespoon butter
2 tablespoons chopped onion
2 tablespoons chopped celery
1 cup (108 g) soft breadcrumbs
½ cup (128 g) diced unpeeled apple
½ cup (64 g) seedless raisins
½ cup (112 g) chopped pistachios and walnuts
½ teaspoon poultry seasoning
¼ cup (60 mL) olive oil
2 tablespoons lemon juice
Minced fresh parsley, for garnish

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. Place 1 lamb breast skin side down in shallow baking dish and season with the salt and black pepper.
3. In a medium skillet, melt the butter. Add the onion and celery and sauté. Turn off the burner, add ½ teaspoon salt, the breadcrumbs, the apple, the raisins, the mixed nuts, and the poultry seasoning and stir until well combined.
4. Spoon the stuffing over the first lamb breast. Cover with second breast and sprinkle the breast with the salt and black pepper. Tie the lamb breasts together with several pieces of butchers twine so the stuffing won't leak out.
5. In a small bowl, mix together the oil and lemon juice. Place the baking dish in the grill and cook the lamb for about 2 hours, or until tender, basting 4 or 5 times with the oil and lemon mixture. Remove from the heat.
6. Transfer the lamb to a cutting board and cover with foil. Let it rest for 5 minutes. Cut the string, transfer the stuffing to a serving dish, and carve the lamb breasts. Arrange the carved meat atop the stuffing and garnish with the minced parsley.

Lamb Loin Chops with Dijon Crust

For a slight variation, coat the chops with honey-Dijon, mango mustard, herb-and-balsamic mustard, or curry mustard, or choose from about a thousand other flavored mustards available online or in grocery stores.

Yield: 4 servings

3 tablespoons (19 g) fresh French breadcrumbs
2 teaspoons minced fresh rosemary
2 teaspoons minced garlic
4 tablespoons (60 mL) olive oil, divided
2 teaspoons kosher salt, divided
1 teaspoon coarsely ground black pepper, divided
8 large lamb loin chops
4 teaspoons Dijon mustard

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]). Spray with nonstick cooking spray or grease a baking sheet.
2. In a small bowl, combine the breadcrumbs, rosemary, and garlic. Drizzle with 2 tablespoons of the oil and season with ½ teaspoon of the salt and ½ teaspoon of the black pepper.
3. Season the lamb with the remaining salt and black pepper and drizzle it with the remaining oil. Place the lamb on the grill and cook for about 3 minutes on each side, turning once. Remove from the grill.
4. Liberally cover one side of each lamb chop with the mustard and then pack the breadcrumb mixture on top. Place the lamb on the prepared baking sheet on the unheated side of the grill and cook just until the crumbs brown on top. Remove from the grill.
5. Using a spatula, transfer the chops to a warmed platter and serve.

Easy and Fast Lamb Loin Chops

This is Perrin's favorite preparation for lamb chops. You can have this on the table in under 30 minutes, start to finish. She particularly likes to use the Australian lamb loin chops available at her local warehouse store that starts with a "C," as they're nice and thick. Check out the variation for a delicious deviation.

Yield: 4 servings

2 tablespoons (30 mL) extra virgin olive oil
Kosher salt, as needed
Coarsely ground black pepper, as needed
1 teaspoon minced fresh rosemary
8 small, thick lamb chops

1. Preheat the oven to 425°F (220°C) and place a baking sheet inside it. Place a cast-iron griddle over medium heat and allow the griddle to warm for 3 minutes.
2. Place the lamb chops on a platter. Drizzle half the oil over the chops. Sprinkle the salt, black pepper, and half the rosemary over the chops. Turn each chop over and repeat the process, using the rest of the oil and rosemary.
3. Place the chops on the hot griddle (they should sizzle nicely). Cook on the first side for 4 minutes. Flip the chops over and cook on the other side for 3 minutes. Remove from the heat.
4. Remove the preheated baking sheet from the oven (don't forget to use your oven mitts!). Transfer the chops to the baking sheet and place in the oven for 5 minutes. Remove from the oven.
5. Using a spatula, transfer the chops to a warmed platter and serve.

VARIATION

Warm-Spiced Lamb Loin Chops—Follow the recipe exactly, but substitute garam masala for the rosemary. The warm spice blend is a delicious complement to the lamb's unique flavors.

Honey-Baked Lamb Ribs

For sweetener, you can substitute orange or lime marmalade, pure maple syrup, or molasses for the honey.

Yield: 8 servings

4¾ pounds (2.2 kg) lamb ribs
3 red onions, peeled and chopped
1 ½ cups (315 mL) Zinfandel wine
½ cup (80 mL) fresh lemon juice
½ cup (80 mL) dark soy sauce
¼ cup (5 g) fresh cilantro
1½ tablespoons honey
1 tablespoon minced garlic
1 tablespoon extra virgin olive oil
1¼ teaspoons kosher salt
1 teaspoon freshly ground black pepper
¼ teaspoon ground allspice
¼ teaspoon favorite hot sauce

1. Place the lamb in a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag. In a mixing bowl, combine all the other ingredients and mix well. Pour the mixture all over the lamb. Cover and refrigerate for 2 hours.
2. While the ribs are marinating, preheat the grill to medium-high (375°F [190°C] to 425°F [220°C]) for indirect grilling, putting a water pan under the unheated side of the grill. Spray with nonstick cooking spray and grease a roasting or baking pan.
3. Remove the ribs from the marinade. Pour the marinade into a saucepan over medium-high heat. Bring to a boil and boil the marinade for 10 minutes while the ribs rise to room temperature. Remove from the heat.
4. Grill the ribs directly on the heated grill for 2 minutes per side. Place the ribs in the prepared pan, place the pan in the grill, and bake for 30 minutes, or until the ribs are cooked through, turning and basting often with the marinade. Remove from the grill.
5. Using a spatula, transfer the chops to a warmed platter and serve.

Mustard-Barbecued Lamb Chops

Around the world, lamb is an important and popular meat. In Ireland, Scotland, England, France, Portugal, Spain, the entire Middle East, Asia, and Africa, lamb is an important meat. This recipe comes from Patrick Clark, former chef of Tavern on the Green in New York City.

Yield: 4–6 servings

7 cloves garlic, peeled and crushed, divided
2 sprigs fresh rosemary
2 sprigs fresh thyme
20 black peppercorns
1 tablespoon dried oregano
½ cup (120 mL) olive oil
12 lamb rib chops
1 tablespoon canola oil
1 small red onion, peeled and diced
½ carrot, peeled and diced
½ serrano pepper, seeded and chopped
¼ cup (60 mL) red wine vinegar
½ cup (120 mL) ketchup
1½ tablespoons Dijon mustard
1 tablespoon honey
Water, if needed

1. In a small bowl, combine 5 of the garlic cloves, the rosemary, the thyme, the peppercorns, the oregano, and the oil. Mix well, making a marinade.
2. Place the lamb chops, trimmed of fat, in a shallow baking dish or 1-gallon (3.8-L) resealable plastic bag. Pour the marinade over the lamb and refrigerate overnight.
3. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
4. In a medium saucepan over medium–high heat, heat the oil. Add the onion, the carrot, and the remaining garlic and sauté for 3 minutes. Add the serrano pepper and red wine vinegar and stir.
5. Reduce the heat to low. Add the ketchup, Dijon mustard, and honey to the saucepan and simmer for 25 minutes. Remove from the heat and allow the sauce to cool.
6. Transfer the mustard sauce to a blender and purée it thoroughly. Strain the mixture through a chinois or other fine strainer, and thin with a little water if needed.
7. Remove the lamb chops from the bag. Wipe the marinade off the chops and place them on the grill. Grill the meat until medium-rare, about 4 to 5 minutes on each side. About a minute before the lamb is done, brush the chops lavishly on both sides with the mustard sauce. Remove from the grill.
8. Transfer the chops to a serving platter. Brush each side of the chops with additional mustard sauce. Tent with foil and allow the chops to rest for 5 minutes before serving. Serve warm.

Kentucky Barbecued Lamb

In Kentucky, lamb and mutton are celebrated barbecue meats, with a festival tradition that dates back to 1834. They still reign supreme today at the Owensboro Bar-B-Q Championship. This barbecue is unusual in that the lamb is first marinated in what's locally called a "dip," then rubbed with a spice mixture. (Note: This recipe requires advance preparation and a smoker.)

Yield: 8–10 servings

1 cup (235 mL) Worcestershire sauce
1 cup (235 mL) distilled white vinegar
 $\frac{3}{4}$ cup (86 g) brown sugar, divided
1 quart (945 mL) water
4 tablespoons (28 g) freshly ground black pepper, divided
2 tablespoons minced garlic
 $\frac{1}{4}$ cup (24 g) minced onion
2 teaspoons ground allspice, divided
1 teaspoon kosher salt
 $\frac{1}{4}$ cup (60 mL) lime juice (fresh preferred)
1 4- to 5-pound (1.82- to 2.25-kg) leg of lamb
2 teaspoons commercial chili powder
1 tablespoon garlic powder
2 tablespoons dried onion

1. In a large stockpot over medium–high heat, combine the Worcestershire sauce, the vinegar, $\frac{1}{2}$ cup (120 mL) of the brown sugar, the water, 2 tablespoons of the black pepper, the garlic, the onion, 2 teaspoons of the allspice, the salt, and the lime juice. Bring to a boil. Reduce the heat to medium and simmer for 45 minutes. Remove from the heat and allow to cool completely.
2. Place the lamb in a large plastic bag or nonreactive container. Pour in the marinade and refrigerate for 12 to 24 hours.
3. Remove the lamb from the marinade and allow it to rise to room temperature. Transfer the marinade to a saucepan over medium–high heat. Bring to a boil. Reduce the heat to medium–low and simmer it for 20 minutes.
4. Start a fire in the smoker and bring the smoke temperature to 200 to 220°F (100 to 110°C).
5. In a mixing bowl, whisk together the chili powder, the remaining 2 teaspoons allspice, the garlic powder, the remaining black pepper, the remaining $\frac{1}{4}$ cup (29 g) brown sugar, and the dried onion. Spread the rub evenly over the lamb.
6. Place the lamb on a rack in the smoker and smoke for 6 to 7 hours, until the meat's internal temperature reaches 170°F (85°C) for well done. Remove from the smoker.
7. Serve the lamb on a platter either pulled or sliced, with some of the remaining marinade poured over it.

Barbecue-Roasted Lamb Shoulder

Have your butcher debone and flatten out the shoulder to make it easier for you to stuff it.

Yield: 4–6 servings

1 3–4-pound (1.36–1.82-kg) boneless lamb shoulder roast
1 clove garlic, peeled and cut into slivers
2 cups (200 g) fresh breadcrumbs
2 shallots, peeled and minced
2 slices bacon, chopped
Zest of 1 orange
1 large egg, beaten
1 tablespoon finely chopped fresh parsley
1 teaspoon dried basil
½ teaspoon dried tarragon
Juice of 1 orange
¼ cup (23 g) butter, melted
1 tablespoon honey
¼ teaspoon ground cinnamon

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]). Spray with nonstick cooking spray or oil a roasting pan or Dutch oven.
2. Open the lamb shoulder and spread it flat, fatty side down. Make small slits in the meat and insert the garlic slivers into the slits.
3. In a large mixing bowl, combine the breadcrumbs, shallots, bacon, orange zest, egg, parsley, basil, and tarragon. Spread the stuffing over the lamb. Roll up the meat, tucking in any loose ends. Tie securely in several places with kitchen twine.
4. In a small mixing bowl, combine the orange juice, butter, honey, and cinnamon. Set aside.
5. Place the rolled lamb roast in the prepared roasting pan or Dutch oven and bake in the grill for about 1 hour, or until the meat is just pink (with an internal temperature of 130°F [54°C]). During the last 15 minutes of roasting, brush the lamb with the orange juice and honey basting liquid. Remove from the grill.
6. Transfer the lamb to a large cutting board and tent with foil. Allow the meat to rest for 10 to 15 minutes.
7. With a very sharp knife, cut the lamb into 1-inch (2.5-cm) slices. Transfer the slices to a platter. Drizzle the slices with the remaining basting liquid and serve.

Beer-Braised Lamb Shanks with Pearl Onions and Raisins

The easiest way to peel pearl onions is to place them in a basket, lower the basket into boiling water for 1 minute, lift it out, and lower it into cold water to cool them. Then, cut off the root ends and slip the skins off.

Yield: 6 servings

4 1-pound (450-g) lamb shanks
Kosher salt, as needed
Freshly ground black pepper, as needed
¼ cup (60 mL) olive oil
12 pearl onions
2 large carrots, peeled and cut into ½-inch (13-mm) thick slices
1 large tomato, cored and roughly chopped
1 cup (224 g) golden raisins
¼ cup (35 g) minced garlic
¼ cup (40 g) chopped fresh mint, divided
2 tablespoons chopped fresh basil
2 12-ounce (355 mL) bottles Guinness beer
6 cups (1.4 L) beef or vegetable stock
¼ cup (56 mL) whiskey

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. Sprinkle the lamb shanks with the salt and black pepper. In a large cast-iron or roasting pan over high heat, warm the oil until hot but not smoking. Add the shanks and sear on all sides, 3 to 5 minutes per side. Remove the shanks from the pan and set aside.
3. Drain the pan of all but 2 tablespoons of the oil. Reduce the heat to medium–high, add the onions and carrots, and sauté for 5 to 6 minutes, stirring occasionally and scraping up the browned bits, until the onions are lightly browned.
4. Add the tomato, raisins, garlic, half the mint, and the basil to the pan. Sauté, stirring often, for 2 minutes. Add the beer and bring to a boil. Reduce the heat to low and simmer for 7 minutes.
5. Raise the heat to medium and add the stock. Bring to a boil. Remove from the heat.
6. Add the lamb shanks, cover the pan, and move the pan to the grill. Cook for 60 to 80 minutes, until the shanks are very tender. Remove from the grill.
7. Remove the shanks from the pan and place them, tented with foil, on a platter.
8. Skim the grease out of the pan. If the sauce remaining in the pan is not thick enough, place the pan back on the burner over high heat and reduce to the desired consistency. Stir in the remaining mint and the whiskey and season with the salt and black pepper. Remove from the heat (if using).
9. Briefly return the shanks to the pan, ladling the sauce over the meat. Transfer the shanks back to the platter, pour the remaining sauce over the shanks, and serve warm.

Lamb Chops and Grilled Peppers

Spring lambs are between 3 and 5 months of age. If you can find lamb that has only been pastured, the taste will be much finer, more delicate, and more delicious than feed-lot raised lamb.

Yield: 4 servings

3 tablespoons (45 mL) olive oil
2 large red bell peppers, sliced
2 large yellow bell peppers, sliced
2 pounds (900 g) red onions, peeled and sliced into ¼-inch (0.5-cm) rings
2 large cloves garlic, peeled and minced
1 tablespoon chopped fresh rosemary
Kosher salt, as needed
Freshly ground black pepper, as needed
1 teaspoon ground sage
3 tablespoons (45 mL) red wine vinegar
1 tablespoon balsamic vinegar, divided
4 2-inch (5-cm) thick lamb rib or loin chops
2 teaspoons balsamic vinegar

1. Preheat the grill to medium–high (350–400°F [180–200°C]).
2. In a cast-iron skillet over medium heat, warm the oil. Add the peppers, onions, garlic, and rosemary and sauté for 10 minutes, until the peppers and onions are very soft. Season with the salt, black pepper, and sage.
3. Add the red wine vinegar and 1 teaspoon of the balsamic vinegar to the skillet. Cover, reduce the heat to low, and cook for 10 minutes.
4. Season the chops with the salt and black pepper.
5. Place the chops on the grill and cook for 11 to 15 minutes, depending on the thickness of the chops. Remove from the grill and transfer the chops to a platter tented with foil. Allow the meat to rest for 5 minutes before serving.
6. Brush each chop with the remaining balsamic vinegar and arrange the grilled chops on a platter over the cooked onions and peppers. Serve warm.

Grilled Lamb Patties

For a juicier patty, mix in ¼ pound (115 g) of ground pork or sausage meat or chopped uncooked bacon slices.

Yield: 4 servings

1½ pounds (680 g) ground lamb
4 ounces (115 g) feta cheese, crumbled
2 tablespoons chopped fresh mint
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper, as needed

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. In a bowl, gently mix together the lamb, cheese, mint, salt, and black pepper. Form this mixture into 8 patties.
3. Cook the patties on the grill for 4 minutes per side for medium doneness. Remove from the grill and transfer to a platter tented with foil.
4. Serve warm.

Classic Lamb Soups and Stews

Lamb and White Bean Soup

If you like white bean soup, try this version with lamb shanks. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 6 servings

1½ cups (57 g) dried cannellini beans, sorted, rinsed
2 lamb shanks (about 1¾ pounds [788 g])
2 quarts (1.90 L) beef stock
2 large carrots, sliced
2 ribs celery, sliced
1 large onion, finely chopped
2 large garlic cloves, minced
3 bay leaves
1½ teaspoons dried thyme
1½ teaspoons dried marjoram
½ teaspoon crushed celery seeds
½ teaspoon dry mustard
3 cups (144 g) thinly sliced cabbage
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large saucepan over medium–high heat, place the beans and cover them with 2 inches (5 cm) of water. Bring to a boil.
2. Reduce the heat to medium–low and simmer, covered, for 2 minutes. Remove the pan from the heat and let stand, covered, for 1 hour.
3. Drain the beans and return them to the saucepan. Add the remaining ingredients, except the cabbage, salt, and black pepper, and place the saucepan over medium–high heat. Bring to a boil.
4. Reduce the heat to medium–low and simmer, covered, for 1 hour, until the beans are tender, adding the cabbage during the last 20 minutes. Remove from the heat.
5. Remove the lamb shanks from the saucepan and cut the meat into bite-sized pieces. Discard the bones.

6. Return the pieces of meat to the saucepan. Remove and discard the bay leaves. Season with the salt and black pepper.
7. Transfer the soup to a serving bowl and serve hot.

Lamb Soup with Barley

This vegetable soup can also be made with lean pork or beef. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 6 servings

1½ pounds (680 g) lean lamb stew meat, cubed
1 quart (945 mL) water
1 bay leaf
1½ cups (144 g) sliced onions
1½ cups (183 g) sliced carrots
1½ cups (195 g) sliced turnips
1 cup (101 g) sliced celery
1 tablespoon minced garlic
1 tablespoon olive oil
1½ quarts (1.42 L) chicken stock
½ cup (120 mL) dry white wine
½ cup (100 g) quick-cooking pearl barley
1 teaspoon dried oregano
1 teaspoon dried rosemary
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large saucepan over medium–high heat, place the lamb, water, and bay leaf. Bring to a boil.
2. Reduce the heat to medium–low and simmer, covered, for 1½ hours, until the lamb is tender.
Remove from the heat. Discard the bay leaf. Set aside.
3. In another large saucepan over medium–high heat, warm the oil. Add the vegetables and garlic and sauté for 10 minutes, until lightly browned.
4. Add the lamb and its cooking liquid, the stock, wine, barley, oregano, and rosemary to the saucepan and stir well to combine. Bring to a boil. Reduce the heat to medium–low and simmer, covered, for 15 minutes, until the barley is tender. Season with the salt and black pepper.
5. Transfer the soup to a serving bowl and serve hot.

Lamb, Split-Pea, Bean, and Barley Soup

If you like split-pea soup made with a ham bone, try this slightly milder variation, using lamb. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 8 servings

2¾ quarts (2.70 L) water
3 pounds (1.36 kg) lamb shanks
2 cups (394 g) dry green split peas
¼ cup (50 g) pearl barley
¾ cup (29 g) dried cannellini beans
3 bay leaves
2–4 beef bouillon cubes
1 cup (96 g) chopped onion
½ cup (41 g) sliced carrots
½ cup (34 g) sliced celery
1 clove garlic, minced
1 teaspoon dried thyme
1 teaspoon dried basil
½ teaspoon crushed celery seeds
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large saucepan over medium–high heat, combine the water, lamb, peas, barley, and beans. Bring to a boil.
2. Add the remaining ingredients except the salt and black pepper. Reduce the heat to medium–low and simmer, covered, for 1 hour, until the beans are tender. Remove from the heat.
3. Remove the lamb shanks from the saucepan and cut the meat into bite-sized pieces. Discard the bones.
4. Return the pieces of meat to the saucepan. Remove and discard the bay leaves. Season with the salt and black pepper.
5. Transfer the soup to a serving bowl and serve hot.

Irish Lamb Stew

An Irish comfort food, this simply seasoned stew is always welcome on cold winter evenings. You can also find a [slow cooker version](#) of this recipe in this book as well as variations on this dish.

Yield: 6 servings

1–2 tablespoons canola oil
1½ pounds (680 g) boneless lean leg of lamb, cubed (¾-inch [2-cm])
2 medium onions, sliced
3 tablespoons (23 g) flour
2 cups (475 mL) chicken broth
½ teaspoon dried thyme
1 bay leaf
6 medium potatoes, quartered
6 medium carrots, thickly sliced
1–1½ teaspoons Worcestershire sauce, or to taste
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a Dutch oven over medium heat, warm the oil. Add the lamb and onions to the Dutch oven and cook for 8 minutes, until the lamb is browned. Sprinkle the browned lamb with the flour and cook for 1 minute.
2. Raise the heat to medium–high and add the chicken broth, thyme, and bay leaf to the Dutch oven. Bring to a boil.
3. Reduce the heat to medium–low and simmer, covered, for 45 to 60 minutes, until the lamb is tender, adding the potatoes and carrots to the Dutch oven for the final 20 minutes of cooking time. Remove from the heat. Remove and discard the bay leaf. Season with the Worcestershire sauce, salt, and black pepper.
4. Transfer the stew to a serving bowl and serve hot.

VARIATIONS

Irish Lamb Stew with Parsley Dumplings—Make the [Irish Lamb Stew](#). Make the [Parsley Dumplings](#), substituting 2 tablespoons finely chopped parsley for the dill weed; spoon the dumpling mixture onto the boiling stew. Reduce the heat and simmer, uncovered, for 10 minutes. Then, simmer, covered, for 10 minutes, until the dumplings are dry on top.

Easy Shepherd's Pie—Make the [Irish Lamb Stew](#), substituting 3 to 4 medium parsnips for the potatoes; pour into 1½-quart (1.42 L) casserole dish. Mash 1 pound (450 g) peeled, cooked, Idaho potatoes; mix in ¼ cup (60 mL) sour cream, 2 to 3 tablespoons (30–45 mL) milk, and 1 tablespoon margarine or butter; season to taste with salt and black pepper. Spoon the potatoes over top of the stew. Bake at 400°F (200°C) until the potatoes are browned, about 10 minutes.

Parsley Dumplings

Use these dumplings to complement a variation on Irish Lamb Stew.

- 1½ cups (189 g) all-purpose baking mix
- 2 tablespoons finely chopped fresh parsley
- ½ cup (120 mL) milk

1. In a large mixing bowl, combine the baking mix, parsley, and milk. Mix well, until the mixture forms a soft dough.
2. Spoon the dough into 6 mounds on top of the stew.

Hearty Rosemary Lamb Stew with Sweet Potatoes

The pairing of rosemary and lamb is classic, distinctive, and delightful. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 4 servings

- 1 teaspoon olive oil
- 1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed (¾-inch [2-cm])
- 1 large onion, cut into thin wedges
- 2 tablespoons chopped fresh or 1 teaspoon dried rosemary
- 3 cups (710 mL) beef broth
- 2 bay leaves
- 1 pound (450 g) sweet potatoes, peeled, cubed (¾-inch [2-cm])
- 1½ cups (26 g) cut green beans
- Kosher salt, to taste
- Freshly ground black pepper, to taste

1. In a large saucepan over medium heat, warm the oil. Add the lamb and cook for 8 minutes, until the lamb is browned. Add the onion and rosemary and cook for 5 minutes.
2. Raise the heat to medium–high and add the broth and bay leaves to the saucepan. Bring to a boil.
3. Reduce the heat to medium–low and simmer, covered, for 1 to 1½ hours, until the lamb is tender, adding the sweet potatoes and green beans to the saucepan for the final 15 minutes of cooking time. Remove from the heat. Remove and discard the bay leaves. Season with the salt and black pepper.
4. Transfer the stew to a serving bowl and serve hot.

Savory Lamb Stew

Enjoy this rich and flavorful combination of lamb shanks, lentils, vegetables, and spices. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 6 servings

2 pounds (900 g) lamb shanks, fat trimmed
1 tablespoon flour
2 teaspoons olive oil
2 cups (192 g) chopped onions
2 garlic cloves, minced
2 cups (475 mL) chicken broth
1 (14½-ounce [410-g]) can diced tomatoes, undrained
½ cup (90 g) brown lentils
½ cup (61 g) sliced carrots
½ cup (84 g) chopped green bell pepper
2 bay leaves
2 teaspoons dried thyme
¼ teaspoon ground cinnamon
¼ teaspoon cloves
Kosher salt, to taste
Freshly ground black pepper, to taste
1¼ cups (200 g) brown rice, cooked, warm

1. Coat the lamb shanks with the flour. In a Dutch oven over medium heat, warm the oil. Add the lamb to the Dutch oven and cook for 8 minutes, until the lamb is browned. Add the onions and garlic to the Dutch oven and cook for 5 minutes, until the onions are tender.
2. Raise the heat to medium–high and add the remaining ingredients, except the salt, black pepper, and rice, to the Dutch oven. Stir well to combine and bring to a boil.
3. Reduce the heat to medium–low and simmer, covered, for 1 to 1½ hours, until the lamb shanks are tender. Remove from the heat. Remove and discard the bay leaves.
4. Remove the lamb shanks from the Dutch oven and cut the meat into bite-sized pieces. Discard the bones.
5. Return the pieces of meat to the Dutch oven. Remove and discard the bay leaves. Season with the salt and black pepper.
6. Transfer the stew to a serving bowl and serve hot over the rice.

Lamb Stew with Chilies

The chilies make this dish come alive! You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 4 servings

1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed ($\frac{3}{4}$ -inch [2-cm])
1 sliced large onion
1 minced small jalapeño pepper
4 cloves garlic, minced
1½ teaspoons dried Italian seasoning
2 tablespoons all-purpose flour
1 cup (235 mL) chicken broth
2 (14½-ounce [410-g]) cans diced tomatoes, undrained
2–3 (4-ounce [120 mL]) cans chopped mild green chilies
1 cup (192 g) cubed potatoes
1 cup (113 g) cubed yellow summer squash
½ cup (60 g) whole kernel corn
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a lightly greased large saucepan over medium heat, cook the lamb, onion, jalapeño pepper, and garlic for 8 minutes, until the lamb is browned. Add the Italian seasoning and flour and cook for 1 minute.
2. Raise the heat to medium–high and add the broth, tomatoes and liquid, and green chilies to the saucepan. Bring to a boil.
3. Reduce the heat to medium–low and simmer, covered, for 1 to 1½ hours, until the lamb is tender, adding the potatoes, squash, and corn to the saucepan for the final 10 minutes of cooking time. Remove from the heat. Season with the salt and black pepper.
4. Transfer the stew to a serving bowl and serve hot.

Lamb and Turnip Stew with Cilantro

This home-style lamb dish has been updated with fresh sage and cilantro. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 4 servings

1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed (1-inch [2.5 cm])
1 medium onion, chopped
1 tablespoon minced garlic
1 teaspoon olive oil
¼ cup (31 g) all-purpose flour
2½ cups (600 mL) tomato juice
½ cup (120 mL) dry red wine
1 tablespoon fresh or 1 teaspoon dried sage leaves
2 cups (384 g) cubed potatoes
2 cups (260 g) cubed turnips
Kosher salt, to taste
Freshly ground black pepper, to taste
½ cup (11 g) chopped cilantro

1. In a large saucepan over medium heat, warm the oil. Add the lamb, onion, and garlic and cook for 8 minutes, until the lamb is browned. Add the flour, stir well, and cook for 1 minute.
2. Raise the heat to medium-high and add the tomato juice, wine, and sage to the saucepan. Bring to a boil.
3. Reduce the heat to medium-low and simmer, covered, for 1 to 1½ hours, until the lamb is tender, adding the potatoes and turnips to the saucepan for the final 20 minutes of cooking time. Remove from the heat. Season with the salt and black pepper and stir in the cilantro.
4. Transfer the stew to a serving bowl and serve hot.

Lamb and Beef Stew with Cognac

The flavors of two meats, wine, and cognac blend uniquely in this elegant oven stew. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 6 servings

¾ cup (175 mL) dry white wine
3 tablespoons (45 mL) cognac
½ teaspoon ground cinnamon
¼ teaspoon ground mace
1 pound (450 g) lean beef eye of round steak, cubed (¾-inch [2-cm])
1 pound (450 g) leg of lamb, cubed (¾-inch [2-cm])
1–2 tablespoons canola oil
2 tablespoons flour
½ cup (51 g) finely chopped celery
½ cup (43 g) finely chopped carrots
½ cup (48 g) finely chopped onion
Kosher salt, to taste
Freshly ground black pepper, to taste
2 cups (172 g) baby carrots, cooked crisp-tender, warm, for serving
2 cups (240 g) small broccoli florets, cooked crisp-tender, warm, for serving
2 cups (308 g) tiny white onions, cooked crisp-tender, warm, for serving

1. In a glass mixing bowl, combine the wine, cognac, cinnamon, and mace. Place the beef and lamb in the marinade. Refrigerate, covered, for 6 hours or overnight, stirring occasionally.
2. Remove the meats from the marinade, reserving the marinade. Preheat the oven to 350°F (180°C).
3. In a Dutch oven over medium heat, warm the oil. Add the lamb and onions to the Dutch oven and cook for 8 minutes, until the lamb is browned. Sprinkle the browned lamb with the flour and cook for 1 to 2 minutes.
4. Raise the heat to medium–high and add the reserved marinade, the celery, the carrots, and the onion to the Dutch oven. Bring to a boil. Remove from the heat.
5. Cover the Dutch oven and place it in the oven to bake for 45 minutes, until the meats are tender, adding the potatoes and carrots to the Dutch oven for the final 20 minutes of cooking time. Remove from the oven. Season with the salt and black pepper.
6. Spoon the stew into a shallow serving platter and arrange the carrots, broccoli, and onions around the meat.

Lamb Dishes from Around the World

Lamb Ratatouille

In this version of ratatouille, the vegetables are roasted and combined with stewed lamb.

Yield: 8 servings

1 recipe [Savory Tomato Sauce](#)
2 pounds (900 g) boneless lean lamb shoulder, cubed (1-inch)
¼ cup (60 mL) dry vermouth
2 tablespoons lemon juice
Kosher salt, as needed
Freshly ground black pepper, as needed
1 medium eggplant, unpeeled, cubed (1-inch [2.5-cm])
2 large zucchini, thickly sliced
2 large onions, thickly sliced
2 green bell peppers, cubed
Vegetable cooking spray
¾ teaspoon dried rosemary
½ teaspoon dried thyme
1–2 tablespoons olive oil
Rosemary or parsley sprigs, as garnish

1. In a large Dutch oven over medium–high heat, combine the Savory Tomato Sauce, lamb, vermouth, and lemon juice. Bring to a boil.
2. Reduce the heat to medium–low and simmer, covered, for 1 hour, until the lamb is very tender.
3. Immediately after the lamb begins to simmer, preheat the oven to 425°F (220°C).
4. Arrange the eggplant, zucchini, onions, and bell peppers in a single layer on a greased aluminum foil–lined jelly roll pan. Spray with the cooking spray and sprinkle with the rosemary and thyme. Roast in the oven for 30 to 40 minutes, until lightly browned and tender.
5. Drizzle the vegetables with the oil and sprinkle them lightly with the salt and black pepper. Transfer the vegetables to a large serving platter.
6. The timing should be just right, and the lamb should be just about done. Remove from the heat. Season with the salt and black pepper.
7. Spoon the lamb and tomato mixture over the vegetables. Garnish with the rosemary sprigs.

Savory Tomato Sauce

Use this delicious, savory take on tomato sauce when preparing [Lamb Ratatouille](#).

Yield: 1 quart (1 L)

5 large tomatoes, peeled, coarsely chopped
⅔ cup (67 g) finely chopped celery
⅔ cup (112 g) finely chopped green bell pepper
⅔ cup (133 g) sliced green onions
¾ cup (175 mL) tomato juice
½ teaspoon ground cumin
½ teaspoon garlic powder
⅛ teaspoon ground cloves
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a large saucepan over medium–high heat, combine all the ingredients, except the salt and black pepper, and bring to a boil.
2. Reduce the heat to medium–low and simmer, covered, for 15 minutes.
3. Remove the cover and simmer for 10 to 15 minutes, until the sauce reaches a thicker consistency. Remove from the heat. Season with the salt and black pepper.
4. Use the sauce as needed.

Moroccan Lamb Stew

Sweet spices season this stew and raisins, almonds, and hard-cooked eggs provide colorful garnish. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 8 servings

2 pounds (900 g) boneless lean leg of lamb, cubed (¾-inch [2-cm])
1½ cups (144 g) chopped onions
2 large cloves garlic, minced
2 teaspoons minced fresh ginger
1½ cups (355 mL) chicken broth
1 cup (235 mL) tomato purée
½ teaspoon ground cinnamon
¼ teaspoon ground turmeric
1 bay leaf
Kosher salt, to taste
Freshly ground black pepper, to taste
⅓ cup (43 g) raisins
¼ cup (31 g) whole almonds, toasted, for sprinkling
2 hard-boiled eggs, chopped, for sprinkling
Chopped cilantro, for sprinkling
5 cups (560 g) cooked couscous or rice, warm

1. In a lightly greased Dutch oven over medium–high heat, cook the lamb for 8 minutes, until the lamb is browned. Remove the lamb from the Dutch oven and set aside.
 2. Add the onions, garlic, and ginger to the Dutch oven and sauté until the onions are tender, about 5 minutes.
 3. Add the lamb, chicken broth, tomato purée, cinnamon, turmeric, and bay leaf to the Dutch oven. Bring to a boil. Reduce the heat to medium–low and simmer, covered, for 45 to 60 minutes, until the lamb is tender.
 4. Remove the cover of the Dutch oven and continue simmering for 10 minutes, until the liquid has thickened to the desired consistency. Remove from the heat.
 5. Remove and discard the bay leaf and season with the salt and black pepper. Stir in the raisins.
 6. Spoon the stew into a rimmed serving bowl. Sprinkle with the almonds, eggs, and cilantro.
- Serve hot over the couscous.

Lamb and Vegetable Tajine

A staple of Moroccan cuisine, tajines are traditionally cooked in earthenware pots. Serve with pita bread. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 6 servings

½ cup (48 g) chopped onion
½ cup (40 g) chopped sliced celery
1–2 teaspoons minced fresh ginger
1–2 teaspoons minced garlic
1 cinnamon stick
2 teaspoons paprika
2 teaspoons ground cumin
2 teaspoons coriander
12–16 ounces (340–450 g) cooked lean lamb or beef, cubed
2 (14½-ounce [410-g]) cans diced tomatoes, undrained
½ cup (120 mL) vegetable broth
1 (15-ounce [425-g]) can garbanzo beans, rinsed, drained
1 cup (140 g) chopped butternut squash
1 cup (130 g) chopped turnip
1 large carrot, sliced
1½ cups (126 g) halved green beans
1 cup (174 g) pitted prunes
¼ cup (36 g) pitted small black olives
Kosher salt, to taste
Freshly ground black pepper, to taste
4½ cups (504 g) cooked couscous, warm

1. In a lightly greased Dutch oven over medium–high heat, sauté the onion, celery, ginger, and garlic for 5 minutes, until the onion is tender. Stir in the cinnamon, paprika, cumin, and coriander, and cook for 1 minute.
2. Add the remaining ingredients, except the salt, black pepper, and couscous, to the Dutch oven. Bring to a boil. Reduce the heat to medium–low and simmer, covered, for 20 minutes, until the vegetables are tender. Remove and discard the cinnamon stick and season with the salt and black pepper.
3. Transfer the tajine to a serving bowl and serve hot over the couscous.

Marrakech Lamb Stew

For a simplified version of this flavorful stew, substitute 3 (15-ounce [425-g]) cans of cannellini beans for the dry beans. Add the canned beans to the stew during the last 30 minutes of cooking time. You can also find a [slow cooker version](#) of this recipe in this book.

Yield: 8 servings

8 ounces (225 g) dried cannellini beans
1–2 tablespoons olive oil
2 pounds (900 g) boneless lean leg of lamb, cubed (1-inch [2.5-cm])
4 ounces (115 g) portobello or cremini mushrooms, coarsely chopped
½ cup (61 g) sliced carrots
½ cup (48 g) sliced onion
3 large cloves garlic, minced
¼ cup (31 g) all-purpose flour
1 teaspoon ground cumin
½ teaspoon dried thyme
½ teaspoon dried savory
2 bay leaves
1 quart (945 mL) chicken broth
½ cup (120 mL) dry white wine
1–2 tablespoons tomato paste
¾ cup (80 g) sliced roasted red peppers
3 cups (320 g) sliced spinach
Kosher salt, to taste
Freshly ground black pepper, to taste
5 cups (560 g) cooked couscous or rice, warm

1. In a large saucepan over medium–high heat, place the beans and cover them with 2 inches of water. Bring to a boil.
2. Reduce the heat to medium–low and simmer, covered, for 2 minutes. Remove the pan from the heat and let stand, covered, for 1 hour. Drain the beans and set aside.

3. In a Dutch oven over medium heat, warm the oil. Add the lamb to the Dutch oven and cook for 8 minutes, until the lamb is browned. Add the mushrooms, carrots, and onion and cook for 5 minutes, until the onion is tender. Add the flour, cumin, thyme, savory, and bay leaves, and cook 1 minute.
4. Raise the heat to medium–high and add the chicken broth, wine, and beans to the Dutch oven. Bring to a boil.
5. Reduce the heat to medium–low and simmer, covered, for 45 to 60 minutes, until the lamb and beans are tender, adding the tomato paste, red peppers, and spinach to the Dutch oven for the final 10 minutes of cooking time. Remove from the heat. Remove and discard the bay leaves. Season with the salt and black pepper.
6. Transfer the stew to a serving bowl and serve hot over the couscous.

Stuffed Lamb Roast, Saudi Style

Stuffed baby lamb is so typical of Saudi Arabian food that no feast, whether a royal affair or a family gathering, is complete without it. The meat, surrounded by masses of rice and garnished with hard-boiled eggs, is presented to the gathering on a huge tray.

Yield: 4 servings

4 cups (1.2 kg) cooked rice
2 cups (192 g) sliced onions
2 cups (128 g) chopped pistachios
1½ cups (192 g) sultana raisins
1 cup (92 g) butter, melted
½ cup (72 g) chopped almonds
3½ teaspoons kosher salt, plus more as needed
2 tablespoons ground coriander
1 teaspoon ground candied ginger
½ teaspoon coarsely ground black pepper, plus more as needed
1 (15-pound [6.8-kg]) baby lamb, prepared for roasting
½ cup (120 mL) olive oil, divided
4 (4–5 inch [10–12.5 cm]) rosemary branches

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]) for direct and indirect heating, putting a water pan under the unheated side of the grill.
2. In a large mixing bowl, combine the rice, the onions, the pistachios, the raisins, the butter, the almonds, the 3 ½ teaspoons of salt, the coriander, the ginger, and the ½ teaspoon of black pepper. Mix well. Set the stuffing aside.

3. Rinse the lamb inside and out. Wipe it dry and brush the outside and inside of the lamb with 2 tablespoons of the oil, seasoning both areas generously with the salt and black pepper. Place 2 rosemary branches inside the cavity, fill with the stuffing, top with the remaining 2 rosemary branches, and sew the cavity shut using a large needle and butcher's twine.
4. Put the stuffed lamb in a large roasting or baking pan, or form 4 sheets of heavy-duty aluminum foil into a pan around the lamb. Pour the remaining oil over it and place it in the grill over direct heat. Cook until the lamb just begins to brown. Cover the lamb with parchment paper or two large grocery bags cut so they lie flat.
5. Move the pan to the unheated side of the grill, shut the vents, and cook for 3 to 3½ hours, or until a meat thermometer registers 135°F (57°C) for medium rare. Baste frequently with the pan drippings.
6. Remove the lamb from the grill. Spoon the stuffing into a large bowl and cover. Cover the lamb with foil for 20 minutes to let the juices recirculate. Transfer the lamb to a slicing board, carve, and serve with the stuffing.

Moroccan Lamb Shanks Braised with Dried Fruits

This recipe is based on a specific dish found in Marrakesh, Morocco. Instead of the Dutch oven suggested here, it was originally put together in a clay tagine pot and baked in a community barbecue oven.

Yield: 4 servings

MARINADE

- 2 tablespoons olive oil
- 1 small onion, peeled and grated
- 1 tablespoon minced garlic
- 1 teaspoon ground cinnamon
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

LAMB

- 4 (¾–1 pound [340–450 g]) lamb shanks
- 2 tablespoons olive oil
- 2 cups (192 g) sliced onions
- 2 cups (244 g) sliced carrots
- ¾ cup (175 mL) Madeira wine
- 1¾ cups (415 mL) beef or chicken broth
- Zest of 1 lemon, chopped
- ¾ cup (99 g) dried pitted prunes
- ¾ cup (113 g) dried figs, halved

½ cup (75 g) dried apricots

Juice of 1 lemon

2 tablespoons dark brown sugar

2 tablespoons chopped crystallized ginger

1. In a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag, combine all the marinade ingredients. Add the lamb shanks to the bag, seal, and shake well. Refrigerate for 4 to 6 hours or overnight, turning several times.
2. Remove the meat from the marinade. Pour the marinade into a saucepan over medium-high heat. Bring to a boil and boil the marinade for 10 minutes while the lamb rises to room temperature. Remove from the heat.
3. Preheat the grill to medium-high (350°F [180°C] to 400°F [200°C]).
4. In a 4- to 6-quart (3.8- to 5.7-L) Dutch oven over medium heat, warm the oil. Add the lamb shanks, 2 at a time, and cook for about 8 minutes, until browned. Transfer the lamb to a platter and cover with foil to keep warm.
5. Add the onions and carrots to the Dutch oven and cook for 10 minutes, stirring often, until the onions are nicely browned. Add the wine to deglaze the Dutch oven and scrape up any browned bits.
6. Add the beef broth and lemon zest to the Dutch oven. Allow the mixture to come to a simmer. Return the lamb shanks to the Dutch oven in a single layer and spoon the sauce and vegetables over them.
7. Place the Dutch oven in the grill and cook for 1½ hours, turning the lamb several times and basting it with the pan juices. Add the prunes, figs, apricots, lemon juice, sugar, and ginger, and bake for another 30 minutes. Remove the Dutch oven from the grill.
8. Transfer the lamb to a deep serving dish, spooning the fruit mixture around the lamb shanks.
9. Return the Dutch oven to high heat and cook the sauce for 5 minutes, until it reduces by a third and turns a rich, glossy brown. Pour the sauce over the lamb and serve hot.

Lamb Pita Patties

You could also serve these on toasted ciabatta bread, grilled slices of sourdough bread, or toasted and buttered sesame seed buns.

Yield: 4 servings

1½ pounds (680 g) ground lamb
1 medium yellow onion, peeled
1 large egg, lightly beaten
½ cup (50 g) soft, plain breadcrumbs
1 small red chile pepper, seeded and minced
1½ teaspoons ground cumin
1 teaspoon ground allspice
½ teaspoon ground cinnamon
Kosher salt, as needed
Freshly ground black pepper, as needed
1 cup (235 mL) Greek yogurt
1 large clove garlic, peeled
¼ cup (40 g) minced fresh mint
4 large, soft, fresh pita bread pockets
1 tablespoon diced, peeled cucumber
½ red onion, peeled and sliced thinly, for garnish
½ small red cabbage, shredded, for garnish

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]), making sure the grill has been well oiled or sprayed with grilling spray.
2. Place the ground lamb in a bowl and grate the yellow onion directly into it. Add the egg, breadcrumbs, chile pepper, cumin, allspice, cinnamon, salt, and black pepper. Mix thoroughly to completely combine the flavors. With your hands, form the mixture into patties.
3. In a small mixing bowl, place the yogurt in a small bowl. Grate the garlic with a zester directly into the yogurt. Sprinkle in the mint, stir, and set aside.
4. Place the patties on the grill and cook for about 5 minutes. Turn the patties over and cook for another 4 to 5 minutes. Toast the pitas on the grill during the last 2 to 3 minutes that the lamb is cooking, turning several times, until they take on a soft brown color. Remove the lamb patties and pitas from the grill.
5. Spread the pitas open and place a patty inside each. Add a dollop of the mint–garlic yogurt and a sprinkle of the cucumber. Garnish with the red onion and cabbage and serve warm.

Double Grilled Persian Lamb Kebabs

Lamb leg and shoulder cuts are best for kebabs. Remove the excess fat and cut the meat into 1- to 1 ½-inch (2.5- to 3.5-cm) cubes. Double-grilling these kebabs makes for perfectly cooked meat without overcooking the vegetables.

Yield: 6–8 servings

2 cups (473 mL) plain yogurt
1 cup (96 g) finely diced onion
2 tablespoons chopped fresh thyme leaves
1 tablespoon lemon juice
Freshly ground black pepper, as needed
3 pounds (1.36 kg) leg of lamb, cut into 1½-inch (3.5-cm) cubes
2 large onions, peeled and cut into 8 wedges each
2 large green bell peppers, each cut into 8 wedges
12 mushrooms, stems removed
2 large tomatoes, each cut into 8 wedges

1. In a 2-gallon (7.6-L) resealable plastic bag, combine the yogurt, diced onion, thyme, lemon juice, and black pepper. Add the lamb cubes and marinate overnight in the refrigerator, turning the bag several times.
2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C])
3. Remove the lamb from the marinade. Pour the marinade into a saucepan over medium–high heat. Bring to a boil and boil the marinade for 10 minutes while the lamb rises to room temperature. Remove from the heat.
4. Thread the lamb onto metal skewers. Thread the onion, green peppers, and mushrooms onto 3 separate metal skewers. Brush the vegetables with the marinade.
5. Place the meat and vegetable skewers directly on the grill. Cook the onions for 12 minutes, the lamb for 10 minutes, the green pepper for 7 minutes, and the mushrooms for 3 minutes. Brush several times with the marinade while they are cooking.
6. Let the skewers cool for 2 to 3 minutes. Remove the meat and vegetables from the skewers.
7. On clean skewers, alternate pieces of the lamb, grilled vegetables, and tomato. Place these skewers on the grill and brush again with the marinade. Grill to finish cooking, turning and basting frequently, until the lamb is medium-rare and the vegetables begin to blacken in spots, 5 to 7 minutes. Remove from the grill.
8. Transfer the skewers to a serving platter and serve warm.

Assyrian Grilled Leg of Lamb with Pomegranate Sauce

This is a recipe from San Francisco chef and restaurateur Narsai David. It produces a wonderful leg of lamb when marinated for 2 to 3 days.

Yield: 8–10 servings

1 (4-pound [1.82-kg]) boneless leg of lamb
1 (32-ounce [945-mL]) bottle pomegranate juice
1 cup (235 mL) olive oil
Juice of 2 lemons
3 whole Spanish onions, peeled and sliced
4 cloves garlic, peeled and chopped
2 teaspoons chopped fresh rosemary
2 teaspoons kosher salt
1 teaspoon dried marjoram
1 teaspoon dried oregano
1 teaspoon dried summer savory
1 teaspoon coarsely ground black pepper
2 tablespoons butter
1 tablespoon brown sugar
1 tablespoon chopped fresh rosemary, or 1½ teaspoons dried
Seeds of one medium pomegranate

1. Have the butcher butterfly the leg of lamb, or do it yourself.
2. In a nonreactive mixing bowl, whisk together the pomegranate juice, the oil, the lemon juice, the onions, the garlic, 1 teaspoon of the rosemary, the salt, the marjoram, the oregano, the savory, and the black pepper. Pour the marinade into a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag, seal the bag, turn once or twice to coat the meat, and marinate for 2 to 3 days in the refrigerator. (No kidding—2 to 3 days! It's well worth the wait.) Turn the bag over 2 to 3 times each day.
3. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
4. Remove lamb from the marinade and let it come to room temperature. Pour the marinade into a saucepan over medium heat. Add the butter, the brown sugar, and the remaining 1 teaspoon of rosemary and stir. Cook until the sauce is well mixed and the sugar dissolves. Measure out ½ cup (120 mL) of the marinade and reserve it for basting.
5. Add the pomegranate seeds to the remaining marinade, stir quickly, and remove the pan from the heat. Pour the warm sauce into a serving dish to pass at the table.
6. Place the lamb on the hot grill and cook for 12 to 15 minutes on each side, brushing occasionally with the reserved marinade. Remove the lamb from the grill and transfer it to a carving board tented with foil. Allow it to rest for 10 minutes before carving.
7. Carve the lamb into thin slices. Serve with the warm pomegranate sauce.

Lamb and Cayenne Kefta

Keftas are meatballs prepared with ground lamb or beef and a number of different herbs and spices. They can be served in a variety of ways. You can add them to stews or serve them as described below, as brochettes hot off the charcoal grill in pita bread. Although there are many recipes for this dish, the one Moroccan ingredient that seems to remain a constant is fresh mint.

Yield: 4 servings

1 pound (450 g) ground lamb
1 medium onion, peeled and finely chopped
2 tablespoons chopped fresh mint
2 teaspoons ground cayenne
1 teaspoon ground cloves
1 teaspoon ground allspice
1 teaspoon ground ginger
1 teaspoon ground cardamom
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
½ teaspoon ground cumin
Kosher salt, as needed
Freshly ground black pepper, as needed
4 large, soft, fresh pita bread pockets

1. In a large mixing bowl, combine all the ingredients except the pita bread. Mix them together with your hands and allow the mixture to sit, at room temperature, for 1 hour to allow the flavors to blend.
2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
3. Shape the mixture into 1-inch (2.5-cm) meatballs and thread them onto skewers. Either slightly flatten them into a sausage shape, or leave them as balls.
4. Place the meat skewers directly on the grill and cook the lamb for 10 minutes or to desired doneness. Toast the pitas on the grill the last 2 to 3 minutes that the lamb is cooking, turning several times, until they take on a soft brown color. Remove the lamb patties and pitas from the grill.
5. Transfer the skewers to a serving platter and serve warm with the pita bread pockets.

Middle Eastern Meatball Sandwich

Serve with sliced tomatoes drizzled with fine olive oil and balsamic vinegar.

Yield: 4 sandwiches

SAUCE:

- 1 cucumber, seeded and finely diced
- 3 green onions, white part only, minced
- 1 medium tomato, seeded and diced
- ¼ cup (38 g) crumbled feta cheese
- Plain yogurt to bind the sauce (thick Greek yogurt preferred), as needed
- ¼ cup (32 g) minced Italian parsley

MEATBALLS:

- ½ cup (112 g) chopped golden raisins
- ½ pound (225 g) ground lamb (or substitute lean ground beef)
- ¼ cup (60 mL) minced onion
- 1 teaspoon fresh lime juice
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 teaspoons hot sauce of your choice, or to taste
- Plain breadcrumbs, as needed
- 4 large, soft, fresh pita bread pockets

1. In a large mixing bowl, combine all the ingredients and mix well. Set the sauce aside while you make the meatballs.
2. In a large mixing bowl, mix together the raisins, lamb, onion, lime juice, cinnamon, nutmeg, and hot sauce. If the mixture seems too loose, add a few teaspoons (30–45 mL) of the bread crumbs to hold it together.
3. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
4. Shape the mixture into meatballs large enough so that 2 of them will fit into a pita pocket and thread 2 skewers through each meatball to add stability when grilling. Either slightly flatten them into a sausage shape, or leave them as balls.
5. Place the meat skewers directly on the grill and cook the lamb for 10 minutes or to desired doneness. Toast the pitas on the grill during the last 2 to 3 minutes that the lamb is cooking, turning several times, until they take on a soft brown color. Remove the skewers and pitas from the grill.
6. Spread the pitas open and place 2 meatballs inside each. Add a dollop of the sauce and serve warm.

Pita Pockets Stuffed with Harissa-Spiced Moroccan Lamb Brochettes

Harissa is a fiery pepper paste that is used as an ingredient in couscous and grilled dishes or as a condiment served on the side of a Moroccan meal. Serve this dish with cold artichokes with cilantro mayonnaise. (Note: This recipe requires advance preparation.)

Yield: 4 servings

1 cup (235 mL) Harissa Sauce, divided
1½ pounds (680 g) boneless lamb, cut into 1-inch (2.5-cm) cubes
4 large, soft, fresh pita bread pockets
Chopped cucumber, for garnish
Chopped onion, for garnish
Chopped tomatoes, for garnish
Shredded lettuce, for garnish

1. Place half of the **Harissa Sauce** in a plastic bag. Add the lamb and rub the sauce well into the lamb pieces with your hands. Marinate in the refrigerator for 3 hours or overnight.
2. Place the meat on the counter for 30 minutes to allow it to rise to room temperature. Remove the lamb cubes from the bag and discard the bag.
3. Preheat the grill to medium-high (350°F [180°C] to 400°F [200°C]). Thread the marinated meat cubes onto skewers.
4. Place the meat skewers directly on the grill and cook the lamb for 10 minutes or to desired doneness. Toast the pitas on the grill during the last 2 to 3 minutes that the lamb is cooking, turning several times, until they take on a soft brown color. Remove the skewers and pitas from the grill.
5. Spread the pitas open and place the lamb cubes inside each. Serve warm with the remaining Harissa Sauce, the cucumber, the onion, the tomato, and the lettuce.

Harissa Sauce

This sauce is thought to be of Tunisian origin, but is found throughout North Africa. It is used to flavor couscous and grilled dishes such as brochettes and as a relish with salads. Recipes calling for the use, or optional use, of Harissa in this cookbook include: [Lamb Couscous with Onions and Raisins](#), [Spiced Lamb with Apricots](#), and [Pita Pockets Stuffed with Harissa-Spiced Moroccan Lamb Brochettes](#).

Yield: 1 ½ cups (355 mL)

10 dried whole red New Mexican chilies, stems and seeds removed
2 tablespoons olive oil
5 cloves garlic
1 teaspoon ground cumin
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1 teaspoon ground caraway

1. In a small mixing bowl, cover the chilies with hot water and let them sit for 15 minutes or until they soften.
2. Remove the chilies and put them in a blender, but reserve the soaking water. Add the remaining ingredients and purée until smooth, adding the reserved soaking water as needed to thin the mixture. The sauce should have the consistency of a thick paste.
3. Use the Harissa Sauce as needed.

Curried Lamb Stew

Known in India as Rogan Josh, this flavorful stew is best prepared 1 to 2 days in advance for flavors to meld. Serve with a variety of condiments for flavor and color contrast.

Yield: 12 servings

3 pounds (1.36 kg) boneless lean leg of lamb, cubed (1-inch [2.5-cm])
1 ¼ cups (295 mL) plain yogurt
¼ teaspoon crushed red pepper
1–2 tablespoons butter
2 cups (192 g) chopped onions
1 tablespoon minced fresh ginger
2 cloves garlic, minced
2 teaspoons coriander seeds, lightly crushed
1 teaspoon cumin seeds, lightly crushed
1 teaspoon ground turmeric
½ teaspoon cardamom seeds, lightly crushed
½ teaspoon ground cinnamon
1 cup (235 mL) chicken broth
Kosher salt, to taste

Freshly ground black pepper, to taste

Turmeric Rice, for serving

Raisins, for serving

Toasted slivered almonds, for serving

Chopped onion, for serving

Chopped cucumber, for serving

Finely chopped cilantro or parsley, for serving

1. In a large mixing bowl, combine the lamb, yogurt, and red pepper. Refrigerate, covered, for several hours or overnight, stirring occasionally.
2. In a large Dutch oven over medium–high heat, warm the butter. Add the onions, ginger, garlic, coriander, cumin, turmeric, cardamom, and cinnamon and sauté until onions are tender, 5 to 8 minutes.
3. Raise the heat to medium–high and add the chicken broth and lamb–yogurt mixture. Bring to a boil. Reduce the heat to medium and simmer, covered, for 50 to 60 minutes, until the lamb is tender. Remove from the heat. Season with the salt and black pepper.
4. Transfer the stew to a serving bowl and serve hot over the Turmeric Rice alongside the raisins, almonds, onion, cucumber, and cilantro.

Turmeric Rice

Serve this side dish with [Curried Lamb Stew](#).

Yield: 12 servings (about 2/3 cup each)

4½ cups (1 L) water

2 cups (320 g) uncooked long-grain rice

¾ teaspoon ground turmeric

¼ teaspoon kosher salt

1. In a large saucepan over medium–high heat, bring the water to a boil. Add the rice, turmeric, and salt and stir well. Reduce the heat to medium–low and simmer, covered, for 20 to 25 minutes, until the rice is tender. Remove from the heat.
2. Transfer the rice to a serving bowl and serve hot.

Gingered Indian Lamb

This recipe is from *The Diabetes Double-Quick Cookbook*, second edition, by Betty Marks.

Yield: 4 servings

1 pound (450 g) lean lamb
¼ cup (46 g) finely chopped fresh ginger
1 medium onion, coarsely chopped
4 cloves garlic, peeled and smashed
8 ounces (240 g) canned Italian plum tomatoes, drained
Juice of ½ lemon
¼ teaspoon ground turmeric
¼ teaspoon celery seed
½ teaspoon ground cumin
1 tablespoon curry powder, mild or hot
¼ cup (60 mL) plain yogurt
1 cup (247 g) frozen peas
½ cup (57 g) fresh mushrooms, sliced (optional)

1. Trim all fat from the lamb and cut it, against the grain, into 1-inch pieces. Place the lamb, ginger, onion, garlic, and tomatoes in an 8 × 10-inch (20 × 25-cm) glass baking dish, and cover with vented plastic wrap. Place in the microwave and heat on high for 2 minutes. Remove from the microwave, remove the plastic wrap, and stir in all remaining ingredients except the peas and mushrooms.
2. Cover the mixture and refrigerate for a few hours or overnight. Stir the mixture from time to time.
3. Remove the dish from the refrigerator and let it rest at room temperature for 30 minutes. Cover with vented plastic wrap. Place in the microwave and heat on high for 5 minutes. Add the peas and mushrooms. Return to the microwave and heat on high for 1 minute, until warmed through. Serve.

Indian Lamb and Spinach

Serve with [Spiced Rice Pilaf](#) and a green salad. This recipe is from *Light & Easy Diabetes Cuisine* by Betty Marks.

Yield: 4 servings

1 pound (450 g) lean lamb
1 pound (450 g) fresh spinach, trimmed
2 teaspoons extra virgin olive oil
1 onion, sliced
1 teaspoon ground turmeric
2 teaspoons ground coriander
2 teaspoons ground fresh ginger
½ teaspoon chili powder
3 tablespoons (45 mL) plain yogurt
⅛ teaspoon dried thyme
1 teaspoon prepared mustard

1. Trim any fat from the lamb and cut into 1-inch cubes. Cut the spinach into ¼-inch strips.
2. In a large nonstick skillet over medium heat, warm the oil. Add the onion and sauté for 5 to 7 minutes, until softened.
3. Add the lamb, turmeric, coriander, ginger, and chili powder to the skillet. Simmer, stirring, for 10 minutes, until the meat is browned.
4. Stir in the spinach and remaining ingredients. Cover and simmer for 15 minutes, stirring occasionally. Add water if needed and simmer 15 minutes more, until the meat is tender. Remove from the heat.
5. Transfer to a serving bowl and serve hot.

Spiced Rice Pilaf

This tasty side dish is delicious with [Indian Lamb and Spinach](#).

Yield: 6 servings

1 cup (160 g) uncooked brown basmati rice
1 tablespoon + 1 teaspoon vegetable oil, divided
1 small onion, chopped
1 garlic clove, minced
4 whole cloves
⅛ teaspoon kosher salt
2 cups (475 mL) chicken broth
1 cinnamon stick
1 tablespoon raisins
1 tablespoon blanched slivered almonds or pine nuts

1. In a large mixing bowl, soak the rice for 2 hours to shorten the cooking time. Rinse and drain.
2. In a large nonstick saucepan over medium heat, warm 1 tablespoon of the oil. Sauté the onion and garlic for 2 to 3 minutes, until tender.
3. Add the cloves to the saucepan and cook for 1 minute. Add the rice and stir until all the grains are coated.
4. Add the salt, broth, and cinnamon stick to the saucepan. Raise the heat to medium–high and bring to a boil.
5. Reduce the heat to medium and simmer, covered, for 20 to 25 minutes, until the liquid is absorbed. Remove from the heat. Remove and discard the cinnamon stick.
6. In a small skillet over medium heat, heat 1 teaspoon of the oil. Add the raisins and almonds and warm for 2 to 3 minutes. Remove from the heat.
7. Place the rice in a serving bowl. Add the raisins and almonds to the rice and stir well to blend.

Serve warm.

Lamb Biryani

Biryani is a traditional Indian meat-and-rice dish that can be made with lamb, chicken, or beef. Although the meat can be served over any white rice, it's best with an aromatic rice, such as basmati or jasmine. You can also find a quite different [slow cooker version](#) of this recipe in this book.

Yield: 4 servings

2 teaspoons canola oil, divided
1 pound (450 g) boneless lean leg of lamb, cubed (¾-inch [2-cm])
2 cups (192 g) chopped onions
1 garlic clove, minced
1 cup (235 mL) chicken broth
1 teaspoon ground coriander
1 teaspoon minced fresh ginger
½ teaspoon chili powder
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
¾ cup (175 mL) plain yogurt
Kosher salt, to taste
Freshly ground black pepper, to taste
[Basmati Rice Pilaf](#), for serving

1. In a lightly greased Dutch oven over medium heat, warm 1 teaspoon of the oil. Add the lamb and brown the meat on all sides, about 10 minutes total.

2. Add the onions, garlic, and the remaining oil to the Dutch oven. Cook for 5 minutes, until the onions are tender.
3. Raise the heat to medium–high. Add the broth and spices to the Dutch oven and bring to a boil. Reduce the heat and simmer, covered, until the meat is tender, 30 to 45 minutes. Remove from the heat.
4. Add the yogurt to the Dutch oven and stir well to combine. Season with the salt and black pepper. Transfer to a serving bowl and serve hot over the Basmati Rice Pilaf.

Basmati Rice Pilaf

Basmati Rice Pilaf is the perfect foundation for [Lamb Biryani](#).

Yield: 3 cups

2 teaspoons canola oil
1 cup (96 g) chopped onion
1 cup (160 g) uncooked basmati rice
2¼ cups (530 mL) chicken broth
Pinch saffron (optional)
¼ teaspoon white pepper
1 medium carrot, finely shredded

1. In a large saucepan over medium heat, warm the oil. Add the onion and sauté for 5 minutes, until the onions are tender.
2. Add the rice to the saucepan and stir well. Cook for 3 minutes, until lightly browned.
3. Raise the heat to medium–high. Add the remaining ingredients and bring to a boil. Reduce the heat to medium and simmer, covered, for 20 minutes, until the rice is tender. Remove from the heat.
4. Transfer to a serving bowl and serve hot.

Keema Bafat (Minced Meat Curry)

Enjoy this delicious curry with any rice dish.

Yield: 4 servings

2 tablespoons vegetable oil
1 tablespoon ghee (clarified butter)
1 large onion, peeled and chopped
6 cloves garlic, peeled and minced
1 (1-inch [2.5-cm]) piece ginger, minced
1 tablespoon [Hurry Curry](#) (recipe follows)
1 pound (450 g) lamb, minced
Kosher salt, to taste
¼ cup (5 g) chopped cilantro or mint leaves, for garnish

1. In a large, heavy skillet over medium heat, warm the oil for 1 minute. Add the ghee and onion and cook until the onion wilts, about 1 minute. Add the garlic and ginger and sauté for 1 minute.
2. Reduce the heat to medium–low. Add the [Hurry Curry](#) and cook for 1 minute.
3. Add the minced lamb, mix well, and cook for 20 minutes, periodically sprinkling the mixture with cold water. Remove from the heat. Add the salt and stir.
4. Transfer to a serving dish and serve warm, garnished with the cilantro or mint leaves.

Hurry Curry

There are scores of curry powders on the market today. Purists may frown on them, but they are indeed useful for making curries in a hurry. Even in India, curry powders have become an integral part of middle-class family life. The following curry powder, called bafat, is from southwestern India. It can be used in fish, vegetable, or meat dishes, including [Keema Bafat \(Minced Meat Curry\)](#). It can even be used the same day for two completely different dishes, each with its own unique flavor.

Yield: About 1½ cups (355 mL)

½ cup (46 g) coriander seeds
¼ cup (6 g) cumin seeds
2 tablespoons mustard seeds
2 tablespoons peppercorns
2 tablespoons whole cloves
1 tablespoon fenugreek seeds
2 tablespoons ground cardamom
2 tablespoons ground cinnamon
2 tablespoons ground turmeric
¼ cup (32 g) freshly ground red chile powder

1. Preheat the oven to 200°F (100°C).
2. Spread the whole spices (coriander, cumin, mustard, peppercorns, cloves, and fenugreek) on a cookie sheet and bake for 15 minutes, taking care that they do not burn. Remove them from the oven and set aside to cool.
3. In small batches, grind the cooled spices together in a spice mill. Transfer them to a bowl.
4. Add the ground spices to the bowl and mix well. Transfer the curry powder to an airtight container and store in a dark, cool place.

Pungent Lamb Vindaloo

Vindaloo describes a style of Indian cooking where the meat or fish is marinated in a vinegar-based sauce and then cooked in that marinade.

Yield: 6 servings

½ cup (120 mL) apple cider vinegar
4–5 tablespoons (60–75 mL) vegetable oil, divided
2 teaspoons crushed red chile pepper
2 teaspoons minced ginger
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground turmeric
Freshly ground black pepper, as needed
1½ pounds (680 g) lamb, cut in 1-inch (2.5 cm) cubes
1 medium onion, peeled and chopped
1 medium potato, peeled and cubed
2 cups (473 mL) chicken broth
2 cups (576 g) cooked rice, warm

1. In a nonreactive bowl, combine the vinegar, 3 tablespoons (45 mL) of the oil, the chile pepper, the ginger, the cardamom, the cinnamon, the cloves, the turmeric, and the black pepper. Add the pork and toss until well coated.
2. Cover and marinate for 2 to 3 hours at room temperature or overnight in the refrigerator. Remove the pork from the marinade. Reserve the marinade.
3. In a heavy skillet over medium–high heat, warm a little of the remaining oil. Add the lamb and sauté until browned. (Add more oil, if needed, to keep the meat from burning.) Add the onions and potato and continue to sauté until the onions are softened and the potatoes are browned.
4. Add the reserved marinade and the broth and bring to a boil.

5. Reduce the heat to medium and simmer for 30 minutes, until the meat is very tender and the sauce has thickened. Add more broth if needed. Remove from the heat.
6. Transfer to a serving bowl. Serve the vindaloo hot over the warm rice.

Lamb Sukuti (Nepal-Style Smoked Lamb)

Note: This recipe requires advance preparation to allow the meat to marinate.

Yield: 4–6 servings

½ cup (57 g) chopped yellow onion
2 tablespoons dark molasses
2 tablespoons clover honey
2 tablespoons olive oil
2 tablespoons minced ginger
1 tablespoon ground cumin
1 tablespoon chile paste
1 teaspoon ground Szechuan peppercorns
1 teaspoon ground turmeric
½ teaspoon grated nutmeg
¼ teaspoon fennel seed
Coarse kosher salt, as needed
Freshly ground black pepper, as needed
2 pounds (900 g) boneless lamb shoulder, cut into thin 3-inch (7.5 cm) long slices

1. In the bowl of a food processor fitted with the “S” blade, combine all the ingredients, except the lamb, and process into a smooth paste.
2. Transfer the paste to a large bowl. Add the lamb pieces and mix well, until coated. Cover and marinate in the refrigerator for at least 2 hours.
3. Prepare a grill for indirect cooking, using wood chips for the smoke, and place the lamb pieces on the cooler side of the grill. Smoke for about 1 hour, until the slices are slightly crisp.
4. While the lamb is marinating, preheat the grill to medium–high (375°F [190°C] to 425°F [220°C]) for indirect grilling, putting a water pan under the unheated side of the grill and wood chips in the grill to create smoke.
5. Remove the lamb from the paste. Place the lamb on the cool side of the grill and smoke for 1 hour, until the slices are slightly crisp. Remove from the grill.
6. Using a spatula, transfer the lamb to a warmed platter and serve.

Karelian Ragout

Allspice gently seasons the beef, pork, and lamb in this Finnish stew. Serve over cooked rice or noodles, if you wish, with warm bread or rolls.

Yield: 12 servings

1 pound (450 g) 1-inch (2.5-cm) cubed boneless lean beef eye-of-round steak
1 pound (450 g) 1-inch (2.5-cm) cubed leg of lamb
1 pound (450 g) 1-inch (2.5-cm) cubed pork loin
All-purpose flour, as needed
1 teaspoon ground allspice
Kosher salt, as needed
Freshly ground black pepper, as needed
4 medium onions, thinly sliced
1 quart (945 mL) beef broth
6 whole allspice berries
4 whole peppercorns
2 bay leaves
¼ cup finely chopped parsley

1. In a large mixing bowl, place all the meat cubes. Coat the meats lightly with the flour, sprinkle with the ground allspice, and sprinkle lightly with the salt and black pepper.
2. In a Dutch oven over medium–high heat, layer the meats and onions. Add all of the remaining ingredients, except the parsley, and bring to a boil. Reduce the heat to medium and simmer, covered, for 1 hour, until the meats are tender. Remove from the heat. Discard the bay leaves. Season with the salt and black pepper. Stir in the parsley.
3. Transfer to a serving bowl and serve hot.

Yucatan Leg of Lamb

Chipotle chilies are merely dried and smoked jalapeño peppers. They have a brown, wrinkled appearance and a sweet, smoky, chocolatey flavor.

Yield: 6–8 servings

1 (6–7 pound [2.7–3.2 kg]) whole leg of lamb
3 tablespoons (21 g) black peppercorns
3 tablespoons (9 g) dried oregano
3 tablespoons (24.3 g) dried thyme
2 tablespoons cumin seeds
3–4 dried chipotle peppers, broken
4 teaspoons sea salt
3 tablespoons (45 mL) olive oil
6 cups (1.4 L) beef stock
Kosher salt, to taste
Freshly ground black pepper, to taste

1. Preheat the grill to medium–high (325°F [165°C] to 350°F [180°C]) for direct and indirect heating, putting a water pan under the unheated side of the grill.
2. Bone the lamb, removing excess fat. Form the deboned lamb into a roast shape, and tie it tightly with kitchen twine. (Use the bones and trimmings to make lamb stock.) Set aside.
3. In a small cast-iron skillet over medium heat, toast the peppercorns, oregano, thyme, and cumin seeds, stirring frequently, just until they begin to turn brown and begin to smoke, releasing their flavors. Remove from the heat.
4. Transfer the spices to a spice grinder or mortar. Add the 1 broken chipotle pepper and the salt and grind the mixture into a fine powder.
5. Rub the lamb with the oil, massaging it into every nook and cranny. Sprinkle the lamb generously with the spice mixture.
6. Place the lamb on a rack in a roasting pan and cook on the unheated side of the grill for 1 to 1½ hours, until a meat thermometer registers an internal temperature of 120°F (49°C).
7. Turn up the gas or add charcoal to raise the grill temperature to around 450°F (230°C). Move the leg of lamb to the heated side of the grill. Cook for 5 to 10 minutes, until brown. (The internal temperature of the meat should rise to 130°F [54°C].) Remove the lamb from the grill. Transfer the lamb to a carving board. Tent with foil and let rest for 15 minutes, allowing the meat juices to recirculate.
8. Skim the fat from the roasting pan and place over high heat. Add the beef stock and the remaining broken chipotles and cook, stirring occasionally, until the liquid has reduced by two-thirds. Season with the salt and black pepper. Remove from the heat.
9. Carve the lamb and serve it on a warm platter, with the sauce spooned over the meat.

Barbecued Moussaka

It's important to use Greek-style yogurt in this recipe. It's very thick and creamy (the same texture as sour cream), and at least two popular brands, Fage and Chobani, are available at major grocery stores throughout the United States.

Yield: 4–6 servings

2 medium or large eggplants
½ teaspoon kosher salt, plus more as needed
2 tablespoons olive oil, divided
1¼ pounds (566 g) lean ground lamb
2 medium onions, peeled and finely chopped
2 cloves garlic, peeled and chopped
3 ounces (90 mL) sweet red wine
2 tablespoons tomato purée
1½ tablespoons chopped fresh parsley
1 teaspoon ground cinnamon
Freshly ground black pepper, as needed
¼ cup (38 g) feta cheese
2 tablespoons freshly grated Parmigiano-Reggiano cheese
¾ cup (175 mL) Greek yogurt
1 large egg, beaten

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]). Spray a casserole dish or roasting pan with nonstick cooking spray.
2. Slice the eggplants into approximately ½-inch (0.8-cm) thick slices, leaving the skin on. Put the slices into a colander and sprinkle them with the ½ teaspoon of salt. Place a heavy bowl directly on top of the eggplant slices to weigh them down. Set aside and allow to rest for 1 hour.
3. Squeeze the excess juice from the slices, dry them well with paper towels, and spread them out on a baking sheet. Drizzle the slices with 1 tablespoon of the oil and roast them in the grill for 30 minutes, or until the edges are lightly browned. Remove from the grill. Remove the slices from the baking sheet and set aside.
4. Lightly spray a nonstick skillet with nonstick cooking spray. Warm the skillet over medium heat. Place the ground lamb in the skillet and cook until nicely browned. Remove from the heat. Drain the fat from the skillet, remove the lamb, and discard the drippings.
5. Wipe out the skillet and add the remaining oil. Add the onions and garlic and sauté for 10 minutes.
6. Return the lamb to the skillet and add the wine, tomato purée, parsley, and cinnamon. Stir to combine and season with the salt and black pepper. Cook for 20 minutes, stirring several times. Remove from the heat.

7. In a small mixing bowl, combine the feta and Parmigiano-Reggiano cheeses. In a separate mixing bowl, mix together the yogurt, half of the cheese mixture, and the egg and season with the black pepper.
8. Line the bottom of the prepared casserole dish with the eggplant slices and top with a layer of the meat. Repeat the layers, alternating eggplant and meat, until you run out. Spoon the yogurt mixture on top of the casserole and use a rubber spatula to spread it to all 4 edges of the pan. Sprinkle with the remaining cheese and bake in the grill for 1 hour, until golden and bubbling. Remove from the grill.
9. Let stand for about 20 minutes before serving. Serve warm.

Pastitsio

Sweet cinnamon and nutmeg season this Greek favorite.

Yield: 6 servings

1 pound (450 g) lean ground lamb
1 cup (96 g) chopped onion
1 (8-ounce [225-g]) can reduced-sodium tomato paste
½ cup (80 mL) water
Kosher salt, as needed
Freshly ground black pepper, as needed
2 cups (210 g) elbow macaroni, cooked
½ cup (9 g) grated Parmesan cheese
¼ teaspoon ground cinnamon
¼ teaspoon nutmeg
2 ⅓ cups (550 mL) milk
2 tablespoons margarine or butter
2 eggs, lightly beaten

1. In a lightly greased large skillet over medium heat, cook the lamb and onion for 5 minutes, until the lamb is browned. Stir in the tomato paste and water and cook for 2 to 3 minutes. Season with the salt and black pepper. Remove from the heat.
2. Preheat the oven to 350°F (180°C). Grease a 13 × 9-inch (32.5 × 22.5-cm) baking dish.
3. In the prepared baking dish, spoon ½ of the macaroni. Spoon the meat mixture over the macaroni. Sprinkle the combined cheese and spices over the lamb; spoon the remaining macaroni over the top.
4. In a medium saucepan over medium heat, warm the milk and margarine, stirring until the margarine is melted. Remove from the heat.

5. Transfer the milk/margarine mixture to a small mixing bowl. Add the eggs and whisk until blended. Pour the milk/egg mixture over the macaroni in the baking dish.
6. Bake, uncovered, for 50 to 60 minutes, until the casserole is bubbly. Serve immediately in the dish.

Greek Lamb and Pasta

If you cannot find Greek kefalotiri cheese, you can substitute either Romano or Parmesan cheese.

Yield: 4 servings

CREAM SAUCE

- 1¼ cups (295 mL) heavy cream, or more as needed
- 20 cloves garlic, peeled
- 1 shallot, peeled and quartered

PASTA

- 1 (16-ounce [450-g]) package ziti pasta

LAMB

- 6 tablespoons (90 mL) olive oil
- 1 large onion, peeled and chopped
- 1½ pounds (680 g) ground lamb

SAUCE

- 6 ripe Roma tomatoes, seeded and chopped
- 1 (8-ounce [225-g]) can tomato purée
- 3 cloves garlic, peeled and minced
- 1 teaspoon dried oregano
- ¼ teaspoon ground cinnamon
- ½ teaspoon kosher salt, plus more as needed
- Freshly ground black pepper, as needed
- ½ cup (50 g) fresh breadcrumbs, divided
- 1 large egg, beaten
- ½ cup (63 g) all-purpose flour
- 4 ounces (115 g) freshly grated kefalotiri cheese

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. In a small saucepan over medium heat, place the cream, garlic, and shallot and bring to barely a simmer. Cover and cook until the garlic and shallot are very soft. Remove from the heat.
3. Transfer the cream sauce to a blender and purée, adding more of the cream as needed. Set aside.
4. Spray a Dutch oven or roasting pan with nonstick cooking or grilling spray. Grease a deep 9 × 13-inch (22.5 × 32.5-cm) baking dish or roasting pan.
5. Cook the ziti according to package directions. Drain and set aside.

6. In the prepared Dutch oven over medium–high heat, warm the oil. Add the onion and sauté for 5 minutes.
7. Add the lamb to the Dutch oven. Cook until the meat is completely browned, stirring to break it up as it cooks.
8. Add the tomatoes, tomato purée, garlic, oregano, and cinnamon to the Dutch oven. Stir well and bring to a boil. Cover, reduce the heat to medium, and simmer for 12 to 15 minutes.
9. To the Dutch oven, add $\frac{1}{4}$ cup (25 g) of the breadcrumbs and quickly stir in the beaten egg. Remove from the heat and season with the salt and black pepper.
10. Cover the bottom of the prepared baking dish with the remaining breadcrumbs, half of the cooked ziti, the cooked meat, half of the sauce, and half of the cheese, in that order. Add another layer of the ziti, the remaining cream sauce, and the remaining cheese. Bake for 45 minutes in the grill. Remove from the grill.
11. Allow the dish to cool for 10 minutes. Serve warm.

Grilled Marinated Brochettes of Lamb

Metaxa, a strong, yet sweet and mellow, Greek liquor (actually a blend of brandy and two kinds of wine), has been around since 1888. Like brandy, it comes in several versions: 3-star, 5-star, and (hard to find) 7-star. The least expensive variety is suitable for this recipe.

Yield: 4 servings

1½ pounds (680 g) boneless lamb loin or leg of lamb
16 pearl onions
1 cup (96 g) diced onion
½ cup (120 mL) 3-star metaxa
2 tablespoons red wine vinegar
2 cloves garlic, peeled and crushed
2 teaspoons grated lemon zest
2 teaspoons ground cumin
2 teaspoons dried thyme
2 teaspoons honey
1 teaspoon dried rosemary
Kosher salt, as needed
Freshly ground black pepper, as needed
2 tablespoons olive oil
Freshly chopped parsley, for garnish

1. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
2. Cut the lamb into 16 (1½-inch [3.5-cm]) cubes and peel the pearl onions.

3. In a stockpot over medium heat, steam or parboil the pearl onions until nearly cooked but still firm. Drain and set aside.
4. In a large mixing bowl, combine the onion, metaxa, vinegar, garlic, lemon zest, cumin, thyme, honey, rosemary, salt, and black pepper and blend well. Add the lamb and stir well. Cover the bowl with plastic wrap and marinate for 30 minutes at room temperature.
5. Remove the lamb cubes from the marinade. Pour the marinade into a saucepan over medium-high heat. Bring to a boil and boil the marinade for 10 minutes while the lamb rises to room temperature. Remove from the heat.
6. Thread the meat and pearl onions onto 4 skewers, alternating lamb cubes and onions, starting and ending with the lamb. Brush the skewers with the oil and some of the marinade.
7. Place the kebabs on the grill and cook for 3 minutes on each side for rare, brushing often with the marinade. Cook longer if desired, but lamb should be cooked no longer than 5 minutes a side, or to medium. Any longer, and the meat will be too tough and dry to enjoy.
8. Either place a kebab in front of each person or transfer the meat and onions to a serving bowl and let your guests help themselves. Either way, sprinkle the kebabs or the bowl containing them with the parsley.

Asian Barbecued Leg of Lamb

There are several basic types of Chinese rice vinegar, including sweet varieties that contain sugar, ginger, orange peel or cloves.

Yield: 8–10 servings

- ⅔ cup (160 mL) hoisin sauce
- 6 tablespoons (90 mL) sweet rice vinegar
- ½ cup (120 mL) minced green onions
- ¼ cup (60 mL) mushroom soy sauce
- ¼ cup (60 mL) minced garlic
- 2 tablespoons honey
- 1 tablespoon toasted sesame seeds
- ½ teaspoon sesame oil
- ½ teaspoon ground white pepper
- ½ teaspoon freshly ground black pepper
- 1 (5–6 pound [2.3–2.7 kg]) boneless butterflied leg of lamb

1. In a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag, mix together the hoisin sauce, rice vinegar, green onions, mushroom soy sauce, garlic, honey, sesame seeds, sesame oil, white

pepper, and black pepper. Place the lamb in the bag, seal, and turn over several times to coat.

Refrigerate for 8 hours or overnight.

2. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]) for direct grilling. Make sure the grill is well oiled or sprayed before starting the fire.
3. Remove the lamb from the marinade. Pour the marinade into a saucepan over medium–high heat. Bring to a boil and boil the marinade for 10 minutes while the lamb rises to room temperature. Remove from the heat.
4. Place the leg of lamb on the grill and cook for 13 to 15 minutes on each side, basting frequently with the marinade. Cook to a minimum internal temperature of 145°F (63°C) or to your desired doneness.
5. Transfer the meat to a serving platter, cover with foil, and allow it to rest for 10 minutes before slicing and serving.
6. Return the marinade to the heat and bring to a boil. Boil for 10 minutes. Drizzle the slices with the remaining marinade and serve.

Jamaican Jerk Lamb

The paste recipe makes about 1½ cups (355 mL), enough for about 2 pounds (900 g) of lamb, chicken, beef, pork or whatever you want to jerk. Refrigerated in a glass jar with a nonreactive lid, it should last up to 2 weeks. Using 12 peppers is not recommended unless you have an asbestos throat or want to immolate your friends from the inside.

Yield: 4–6 servings

4 cloves garlic, peeled and coarsely chopped

4 shallots, peeled

2–12 Scotch bonnet peppers (depending how much heat you want), stemmed and seeded

2 bunches green onions, chopped, green and white parts

1 medium onion, peeled and coarsely chopped

1 cup (128 g) coarsely chopped fresh parsley

¼ cup (60 mL) fresh lime juice

3 tablespoons (45 mL) soy sauce

3 tablespoons (45 mL) salt

2 tablespoons vegetable oil

2 tablespoons water

1 tablespoon brown sugar

1 tablespoon finely chopped fresh ginger

2 teaspoons fresh or dried thyme

2 teaspoons ground allspice

1 teaspoon freshly ground black pepper

½ teaspoon grated nutmeg

¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
2 pounds (900 g) lamb loin, cut into 1-inch (2.5-cm) slices
Steamed rice, for serving
Baked sweet potatoes, for serving

1. In the bowl of a food processor fitted with the “S” blade, combine all the ingredients, except the lamb, rice, and sweet potatoes, and blend to a watery paste.
2. With a brush (and definitely not your hands), brush the marinade on both sides of the loin slices. Place the lamb in a glass baking dish, cover, and marinate for 3 to 4 hours or overnight.
3. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
4. Brush off some of the marinade (again, do not use your hands) and grill the chops for 3 to 4 minutes per side, until they are brown on the outside but still pink inside. Remove from the grill.
5. Transfer the chops to a serving platter and serve with the rice and sweet potatoes.

One-Step Cassoulet

Enjoy this French classic made the easy way!

Yield: 8 servings (about ½ cup [120 mL] each)

1 pound (450 g) lean pork loin, fat trimmed, cubed (1-inch [2.5-cm])
8 ounces (225 g) lean lamb, cubed (1-inch [2.5-cm])
4 ounces (115 g) smoked turkey sausage, thickly sliced (1-inch [2.5-cm])
3 slices low-sodium bacon, coarsely chopped
3 (15½-ounce [440-g]) cans cannellini beans, rinsed and drained
2 (14½-ounce [410-g]) cans diced tomatoes, undrained
2 (6-ounce [170-g]) cans tomato paste
4 shallots or pearl onions, halved
2 teaspoons minced garlic
1 rib celery, sliced
1 bay leaf
1 teaspoon dried sage
1 teaspoon fresh thyme
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 cup (108 g) unseasoned dry breadcrumbs

1. Preheat the oven to 325°F (160°C).
2. In a Dutch oven, combine all of the ingredients, except the breadcrumbs. Stir to combine. Sprinkle the top of the combined ingredients with the breadcrumbs. Cover.

3. Bake, covered, for 1 hour, until the meats are tender. Remove the cover and bake for 15 minutes, until the sauce is thickened. Remove from the oven. Remove and discard the bay leaf.
4. Serve hot in the Dutch oven.

Cavatelli with Lamb Sauce

The lamb sauce gives this dish a richness and depth of flavor that makes it perfect for dinner, especially in cooler weather.

Yield: 4 servings

2 tablespoons extra virgin olive oil
Kosher salt, as needed
1 pound (450 g) lamb stew meat, cut into small cubes
1 large red onion, peeled, quartered, and thinly sliced
1 cup (235 mL) dry red wine
1 (28-ounce [784-g]) can whole tomatoes, chopped
11 ounces (308 g) dried cavatelli pasta
Freshly ground black pepper, to taste
 $\frac{3}{4}$ cup (21 g) grated pecorino cheese, for sprinkling

1. In a heavy saucepan over medium–high heat, heat the oil. Salt the lamb, add it to the pan, and brown on all sides, about 7 minutes. Add the onion and cook for another 2 minutes, or until it starts to soften.
2. Add the wine to the saucepan and cook for another 2 minutes, until the alcohol evaporates. Add the tomatoes and their juice and bring the sauce to a boil.
3. Reduce the heat to low and simmer for at least 1½ hours.
4. Meanwhile, in a large stockpot over medium–high heat, bring 4 quarts (3.8 L) of water to a boil. Salt the water generously, add the cavatelli, and cook until al dente, about 4 minutes. Drain.
5. Add the pasta to the saucepan and toss it with the sauce. Season with the black pepper and sprinkle with the pecorino cheese.
6. Transfer the pasta and sauce to a serving bowl and serve hot.

Stracotto

This simple lamb stew, which requires minimal preparation time, is made richer and more delicious by the addition of pecorino cheese. This one-pot dish will impress even those who aren't already fans of lamb. The tomatoes add freshness and acidity, and the pecorino cheese perfumes the dish and tantalizes the taste buds. Pair with a full-bodied and robust red wine.

Note: Good butcher shops or lamb farms in the United States feature young lamb in March and April. If you cannot find young lamb, make the dish with regular lamb, but cook it twice as long as directed in the recipe.

Yield: 4 servings

2 tablespoons extra virgin olive oil
1 pound (450 g) young lamb, cut into ½-inch (13-mm) pieces
Kosher salt, as needed
1 large yellow onion, peeled and sliced
15 cherry tomatoes, halved
½ cup (120 mL) pecorino cheese, cubed
3 cups (710 mL) water
Freshly ground black pepper, to taste
Mashed or roasted potatoes, for serving

1. In a large Dutch oven over medium–high heat, warm the oil. Season the lamb with the salt.
Place it in the Dutch oven and brown the meat on all sides, about 10 minutes total.
2. Add the onion, tomatoes, and cheese to the Dutch oven and mix, scraping the bottom of the pan to release any meat bits that are stuck.
3. Add the water to the Dutch oven. Reduce the heat to medium and simmer slowly for 1½ hours.
Remove from the heat and season with the salt and black pepper to taste.
4. Transfer to a serving bowl and serve hot over the potatoes.

Curaçao-Style Roast Lamb

The spicy sauce permeates the meat as it cooks very slowly over a grill, fueled with fragrant wood (such as pecan or apple), with just enough charcoal to keep the heat up. Alternatively, you can slowly roast the meat in an oven at 300°F (150°C) for 3 to 4 hours. The sauce should be made at least 2 to 3 days before the actual cooking. (Note: This recipe requires advance preparation.)

Yield: 8–10 servings

FOR THE SAUCE:

1 cup (235 mL) tomato sauce
½ cup (120 mL) white wine vinegar
2 cloves garlic, peeled and minced
2 whole cloves
1 teaspoon kosher salt

½ teaspoon freshly ground black pepper
2 Scotch bonnet or habañero chilies, stems and seeds removed, chopped
2 cups (192 g) chopped onion
½ cup (120 mL) olive oil
½ cup (120 mL) water

FOR THE LAMB:

4–5 pounds (1.8–2.3 kg) lamb, cut into large pieces
½ cup (120 mL) olive oil
½ cup (120 mL) gin or dry white wine
2 teaspoons rosemary
1 tablespoon dried oregano
1 tablespoon dried thyme
2 teaspoons dried basil

1. In a saucepan over medium–high heat, combine the tomato sauce, vinegar, garlic, cloves, salt, and black pepper and bring the mixture to a boil.
2. Reduce the heat to medium and simmer for 2 minutes. Remove the pan from the heat and allow the sauce to cool for 10 minutes.
3. Pour the sauce into a large, heatsafe glass jar with a lid. Add the hot peppers, onion, oil, and water. Refrigerate the sauce for 2 to 3 days.
4. Place the lamb in a large, shallow, glass pan. Combine the remaining ingredients and sprinkle the marinade over the meat, turning the meat to coat it. Cover and refrigerate the meat for 24 hours.
5. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
6. Remove the jar containing the sauce from the refrigerator and allow it to rise to room temperature, shaking the jar several times to blend the ingredients.
7. Remove the meat from the marinade and place it on the grill. Baste the meat with the sauce about every 5 minutes while the meat is cooking. Grill for about 10 minutes per side. Remove from the grill.
8. Cut the hot meat into bite-sized pieces (removing the bones, if any) and serve hot.

Chilindrón de Cordero (Cuban Lamb with Peppers)

Serve with white rice, fried plantains (ripe or green), and a salad. Chilindrón is almost always served with beer, but sometimes with a young red wine. (Note: This recipe requires advance preparation.)

Yield: 4–6 servings

FOR THE ADOBO:

- ¼ cup (60 mL) olive oil
- 2 cloves garlic, peeled and minced
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- ¼ cup (60 mL) dry sherry
- ½ cup (120 mL) sour orange juice
- 3 pounds (1.36 kg) deboned and trimmed lamb leg, neck, or shoulder, cut into 1½ inch (3.5 cm) chunks

FOR THE STOCK:

- Bones and trimmings of the meat
- 6 cups (1.42 L) water
- 1 large onion, unpeeled, quartered
- 1 green bell pepper, stem and seed removed, roughly chopped
- 2 cloves garlic, unpeeled, crushed
- 1 bay leaf
- 2 allspice berries

FOR THE CHILINDRÓN:

- ¼ cup (60 mL) olive oil
- 2 cups (336 g) chopped, seeded cubanelle or green bell pepper
- 1 tablespoon minced garlic
- 2 cups (192 g) chopped onion
- ½ cup (120 mL) tomato sauce
- 2 teaspoons kosher salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 5 or more rocotillo chilies or 1 or more habañero chilies, stems and seeds removed, minced
- 1 tablespoon distilled or white wine vinegar

1. In a large mixing bowl, combine all the adobo ingredients, except the meat, and mix well. Add the meat and marinate overnight in the refrigerator.
2. Preheat the broiler.
3. Place the bones on a baking sheet and brown them under the broiler. Remove from the oven.
4. In a stock pot over medium heat, combine the browned bones and water and bring to a simmer. Continue simmering for 2 to 3 hours, until the liquid reduces to about 1 cup (235 mL). Remove from the heat.
5. Strain and refrigerate the stock until a layer of fat hardens on top. Remove and discard the fat.

6. Remove the meat from the marinade, reserving the adobo. Allow it to rise to room temperature.
7. In a cast-iron casserole dish over medium heat, warm the oil. Add the meat and cook for 8 minutes, until browned on all sides.
8. Raise the heat to high and add the peppers, garlic, and onion to the dish. Sauté for 7 minutes, until the onion is translucent. Add the tomato sauce to the dish and cook for 3 minutes.
9. Reduce the heat to medium and add the salt, the cinnamon, the allspice, the chilies, the reserved stock, and the reserved adobo. Cover and simmer for 45 minutes, until the sauce thickens and turns a deep, rich, reddish color. (If the sauce is too watery, uncover the casserole, increase the heat, and reduce it.) Taste the sauce to ensure the seasonings are correct and the meat is sufficiently tender. Remove from the heat.
10. Just before serving, stir in the vinegar. Transfer to a serving bowl and serve hot.

Sosaties

In this South African recipe, the meat is marinated and then grilled. Many think that the recipe has its origins in Malaysia, where Malay sate, or spiced, grilled meat with hot sauce, is very popular. It is traditionally grilled over charcoal, and vendors skewer the meat and grill it right in front of you. Serve the sosaties with hot, cooked rice. (Note: This recipe requires advance preparation.)

Yield: 4 servings

8 dried apricots
Water, to cover
3 tablespoons (45 mL) vegetable oil
1 clove garlic, peeled and minced
3 cups (288 g) sliced onions
1 teaspoon ground cayenne
5 fresh or jarred grape leaves
½ teaspoon kosher salt
3 tablespoons (45 mL) red wine vinegar
2 pounds (900 g) lamb chops or sirloin
12–14 slices bacon
3 tablespoons (45 mL) sour cream
3 cups cooked rice, warm, for serving

1. Wash the dried apricots well. In a small saucepan, add the apricots and cover with the water. Set aside and allow the apricots to soak for 2½ hours.
2. Ensure that the apricots are still covered with water and place the saucepan over medium heat. Simmer for 15 to 20 minutes, until they are tender. Remove from the heat. Allow them to cool slightly.

3. Place the apricots and some of the cooking water in a blender or the bowl of a food processor fitted with the “S” blade. Purée, adding a little more water if the mixture gets too thick. Set aside.
4. In a medium skillet over medium heat, warm the oil. Add the garlic and onions and sauté for 5 minutes. Add the cayenne, grape leaves, salt, and vinegar and sauté for 4 minutes. Remove from the heat and allow to cool slightly.
5. In a large glass or ceramic bowl, alternately layer the meat, the bacon, and the apricot mixture. Cover the bowl and marinate overnight in the refrigerator.
6. Preheat the grill to medium–high (350°F [180°C] to 400°F [200°C]).
7. Remove the meat from the bowl and allow it to reach room temperature. Cut it into 1½-inch (3.5-cm) cubes. Wrap each cube with half a bacon slice and thread them on a skewer. Reserve the extra marinade.
8. Place the reserved marinade into a small saucepan over medium heat. Add 2 tablespoons of water and the sour cream and simmer the mixture, taking care not to let it boil. Remove from the heat.
9. Place the skewers on the grill and cook them to your liking. Remove from the grill.
10. Remove the meat from the skewers. Transfer the cooked rice to a serving bowl and serve the meat over the rice. Top with the sauce.

Boer Lamb Chops Marinated in a Spicy Sambal

Serve this dish with a big bowl of steaming, hot rice and a hearty red wine.

Yield: 4 servings

1 cup (235 mL) tomato sauce
¼ cup (60 mL) apple cider vinegar
1½ tablespoons Worcestershire sauce
2 tablespoons Sambal Matah
2 cups (192 g) grated onion
1 tablespoon dry mustard
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
8 (1-inch [2.5 cm] thick) lamb chops
2 tablespoons butter
½ cup (120 mL) beef stock
½ cup (120 mL) half-and-half
3 tablespoons (19 g) finely minced celery
½ cup (45 g) minced leek, white part only
3 tablespoons (3 g) minced carrot

1. In a shallow ceramic or glass baking dish, stir together the tomato sauce, vinegar, Worcestershire sauce sambal, onion, mustard, salt, and black pepper. Add the lamb chops and turn them to coat. Marinate the chops in the refrigerator for 1 hour.
2. Remove the chops from the marinade and reserve the marinade. Pat the chops dry with paper towels.
3. In a large, heavy skillet over medium heat, warm the butter. Add the chops and cook them for 5 to 7 minutes on each side, until browned and maintaining a rare interior. Remove from the heat.
4. Transfer the chops to a warmed platter lined with paper towels. Cover the platter with foil to keep the meat warm. Set aside.
5. In a small saucepan over medium heat, combine the reserved marinade, the stock, the half-and-half, the celery, the leek, and the carrot and bring to a boil. Reduce the heat to low and simmer for 10 to 15 minutes, until the vegetables are tender. Remove from the heat.
6. Remove the foil from the platter and pour the sauce over the chops. Serve immediately.

Sambal Matah (Hot Shallot and Lemongrass Sambal)

Use this chile-based sauce to prepare [Boer Lamb Chops Marinated in a Spicy Sambal](#).

Yield: About 2 cups (473 mL)

- 10 shallots, peeled and diced
- 4 cloves garlic, peeled and minced
- 10 fresh chiltepín, piquin, or Thai chilies, stems removed, minced and seeds retained (or substitute 5 fresh red serranos)
- 4 kaffir lime leaves (available in Asian markets), minced as finely as possible
- 1 teaspoon shrimp paste
- 4 (2-inch [5-cm]) stalks lemongrass, minced
- ½ teaspoon kosher salt
- ¼ teaspoon crushed black peppercorns
- 2 tablespoons lime juice
- ⅓ cup (80 mL) peanut oil

1. In a large mixing bowl, combine all the ingredients. Stir well and allow to sit for 1 hour at room temperature to blend the flavors.
2. Use as needed.

Bobotie

There are many variations of this recipe, but the constant ingredient seems to be curry powder. It is traditionally served with plain boiled rice and accompanied by chutney and various condiments, including chopped bananas, sliced green onions, and coconut.

Yield: 4–6 servings

2 (1-inch [2.5-cm]) thick slices white bread
2 cups (475 mL) milk
2 tablespoons vegetable oil
1½ medium onions, peeled and coarsely chopped
2 garlic cloves, peeled and minced
1½ tablespoons curry powder
1 tablespoon ground turmeric
1 teaspoon ground ginger
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons water
1½ pounds (680 g) ground lamb
1 large tomato, peeled, seeded, and finely chopped
1 large pippin apple, peeled, cored, and chopped
½ cup (43 g) raisins
¼ cup (36 g) chopped blanched almonds
3 tablespoons (45 mL) mango chutney
1 tablespoon fresh lemon juice
1 tablespoon Worcestershire sauce
1 tablespoon apricot preserves
4 large eggs
2–3 cups (576–864 g) cooked rice

1. In a medium mixing bowl, soak the bread in the milk. Set aside.
2. In a large, heavy skillet over low heat, warm the oil. Add the onions and garlic and cook for 10 minutes, stirring occasionally, until golden brown.
3. Add the curry powder, turmeric, ginger, salt, black pepper, and water to the skillet and stir to combine. Simmer the mixture until it thickens slightly, about 2 minutes. Remove from the heat and transfer the mixture to a mixing bowl.
4. Preheat the oven to 325°F (165°C). Line a plate with several layers of paper towels.
5. To the same skillet over medium heat, add the lamb and cook it until it is no longer pink. Remove from the heat and transfer the lamb to the prepared plate to drain.
6. To the mixing bowl containing the sautéed onion mixture, add the lamb, tomato, apple, raisins, almonds, chutney, lemon juice, Worcestershire sauce, and preserves. Stir to combine.

7. Remove the bread from the milk bath, reserving the milk. Squeeze any remaining milk from the bread and add the bread into the lamb mixture. Stir to combine and transfer the mixture to a 3-quart (3-L) soufflé dish.
8. Beat the reserved milk with the eggs. Pour the egg mixture over the lamb mixture. Bake for 1 hour, until the custard is set and light brown. Serve hot with the rice.

Pinang-Kerrie

This curry is very popular in South Africa. It is traditionally served dry, which means that the sauce needs to cook until it is very, very thick.

Yield: 4–5 servings

1 tablespoon curry powder
1 teaspoon ground turmeric
4 cloves garlic, peeled and minced
½ teaspoon kosher salt
2 tablespoons cider vinegar
1 tablespoon freshly grated ginger
1 teaspoon sugar
1 teaspoon fresh lemon juice or tamarind paste
2 bay leaves
1 pound (450 g) lamb, cut into 1-inch (2.5 cm) cubes
2 tablespoons vegetable oil
2 onions, peeled and finely chopped
1½ cups (355 mL) chicken stock or water

1. In a nonreactive mixing bowl, combine the curry powder, turmeric, garlic, salt, vinegar, ginger, sugar, lemon juice, and bay leaves. Stir to combine. Add the lamb and toss gently, covering it with the marinade. Cover and refrigerate in the marinade for 2 hours.
2. In a large, heavy skillet over low heat, warm the oil. Add the onions and sauté for 5 minutes. Add the lamb and sauté for 1 minute.
3. Raise the heat to medium and add the stock to the skillet. Bring the mixture to a simmer and cook for 40 to 50 minutes, uncovered, until the meat is tender. The sauce should be very thick, but be careful to keep enough moisture in the skillet to keep it from burning. Remove from the heat and remove and discard the bay leaves.
4. Transfer to a serving bowl and serve hot.

Lamb and Fresh Spinach, a One-Dish Meal

You'll love this dish!

Yield: 4 servings

1 pound fresh spinach
1 (14-ounce [400-g]) can coconut milk
1 teaspoon ground turmeric
½ teaspoon ground cloves
½ teaspoon ground cinnamon
1 teaspoon freshly ground cayenne pepper
1 teaspoon freshly ground black pepper
1 teaspoon kosher salt
2 tablespoons vegetable oil, divided
1 onion, peeled and finely chopped
1 (16-ounce [450-g]) can chopped tomatoes, with their juice
1 bell pepper, stem and seeds removed, finely chopped
3 medium potatoes, peeled and diced
½ pound (225 g) coarsely ground lamb

1. In a large saucepan over medium heat, combine the spinach, coconut milk, turmeric, cloves, cinnamon, cayenne pepper, black pepper, and salt. Bring to a simmer and cook for 5 minutes. Remove from the heat and set aside.
2. In a large, heavy skillet over medium heat, heat 1 tablespoon of the oil. Add the onion, tomatoes, and bell pepper and sauté for 5 to 7 minutes, until the onion is translucent. Remove the mixture from the pan and set aside.
3. Add the remaining oil to the skillet and return it to the heat. Add the potatoes and fry for 5 to 7 minutes. Remove from the heat. Place the potatoes on a plate lined with paper towels and set aside.
4. In a large stockpot over medium heat, place the meat. Cover with water and bring to a simmer. Cook until the meat is tender.
5. Add the remaining ingredients to the stockpot and simmer for 20 minutes. Remove from the heat.
6. Transfer the dish to a serving bowl and serve hot.

Slow-Cooker Recipes

Creole-Style Lamb Soup

Let this luscious soup cook all day while you're away. This recipe is from *1,001 Delicious Soups & Stews* by Sue Spitler.

Yield: 6 servings

1 cup (96 g) chopped onion
1 cup (120 g) chopped zucchini
1 cup (235 mL) water
½ cup (84 g) chopped green bell pepper
½ cup (51 g) chopped celery
2 large garlic cloves, minced
2 (15-ounce [425-g]) cans tomato sauce
3 cups (710 mL) beef broth
1 pound (450 g) lean lamb for stew, cubed (½-inch [13-mm])
½ cup (53 g) uncooked rice
1 bay leaf
1 teaspoon dried marjoram
½ teaspoon dried thyme
½ teaspoon dried basil leaves
¼ teaspoon dry mustard
Kosher salt, to taste
Freshly ground black pepper, to taste
Hot pepper sauce, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt, black pepper, and hot pepper sauce. Cover and cook on high for 1 hour. Reduce the setting to low and cook for 7 to 9 hours, until the meat and vegetables are tender. Turn the slow cooker off.
2. Remove and discard the bay leaf. Season with the salt and black pepper and serve hot, with the hot pepper sauce.

Lamb and White Bean Soup

If you like bean soup, try this version with lamb shanks. You can also find a [conventional version](#) of this recipe in this book.

Yield: 6 servings

2 quarts (1.9 L) beef broth
1½ cups (57 g) dried Great Northern or navy beans
2 lamb shanks (about 1¾ pounds [795 g])
3 cups (144 g) thinly sliced cabbage
2 large carrots, sliced
2 ribs celery, sliced
2 cloves garlic, minced
1 large onion, finely chopped
3 bay leaves
1½ teaspoons dried thyme
1½ teaspoons dried marjoram
½ teaspoon crushed celery seeds
½ teaspoon dry mustard
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt and black pepper. Cover and cook on low for 7 to 8 hours, until the beans are tender.
2. Remove the lamb shanks from the slow cooker and cut the meat into bite-sized pieces. Return the meat to the slow cooker and discard the bones and bay leaves. Turn the slow cooker off.
3. Season with the salt and black pepper and serve hot.

Lamb Soup with Barley

This vegetable soup can also be made with lean pork or beef. You can also find a [conventional version](#) of this recipe in this book.

Yield: 8 servings

1½ quarts (1.42 L) chicken broth
1½ pounds (680 g) lean lamb stew meat, cubed
1 quart (945 mL) water
1½ cups (144 g) sliced onions
1½ cups (183 g) sliced carrots
1½ cups (195 g) sliced turnips
1 cup (101 g) sliced celery
1 tablespoon minced garlic
1 teaspoon dried oregano
1 teaspoon dried rosemary leaves

1 bay leaf
½ cup (120 mL) dry white wine (optional)
½ cup (100 g) quick-cooking barley
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the barley, salt, and black pepper. Cover and cook on low for 6 to 8 hours, adding the barley in the final 20 minutes of cooking time. Turn the slow cooker off.
2. Discard the bay leaf, season with the salt and black pepper, and serve hot.

Lamb, Split-Pea, Bean, and Barley Soup

If you like split-pea soup made with a ham bone, try this slightly different version using lamb shanks. You can also find a [conventional version](#) of this recipe in this book.

Yield: 8 servings

2¾ quarts (2.6 L) water
2–4 beef bouillon cubes
2 pounds (900 g) lamb shanks
2 cups (394 g) dried green split peas
¾ cup (29 g) dried navy or Great Northern beans
¼ cup (50 g) pearl barley
1 cup (96 g) chopped onion
½ cup (41 g) sliced carrots
½ cup (34 g) sliced celery
1 clove garlic, minced
1 teaspoon dried thyme
1 teaspoon dried basil leaves
½ teaspoon crushed celery seeds
3 bay leaves
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt and black pepper. Cover and cook on low for 8 to 10 hours, until the beans are tender.
2. Remove the lamb shanks from the slow cooker and cut the meat into bite-sized pieces. Return the meat to the slow cooker and discard the bones and bay leaves. Turn the slow cooker off.
3. Season with the salt and black pepper and serve hot.

Yankee Bean Soup

Bean soup doesn't get any better than this!

Yield: 6 servings

1 quart (945 mL) chicken broth
2 (15-ounce [425-g]) cans navy beans, rinsed, drained
1 pound (450 g) lean lamb for stew, cubed (½-inch [13-mm])
8–12 ounces (225–340 g) smoked ham, cubed (½-inch [13-mm])
1 large onion, chopped
1 rib celery, chopped
2 carrots, chopped
2 cloves garlic, minced
1 teaspoon dried Italian seasoning
1 can (14½ ounces [430 mL]) diced tomatoes, undrained
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt and black pepper. Cover and cook on low for 6 to 8 hours, until the beans are tender. Turn the slow cooker off.
2. Season with the salt and black pepper and serve hot.

Classic Lamb Stew with Peas

For a no-fuss dinner, try this lamb stew.

Yield: 6 servings

1½ pounds (680 g) boneless lamb shoulder, fat trimmed, cubed (1-inch [2.5-cm])
6 medium potatoes, sliced
6 carrots, sliced
3 small onions, quartered
2 teaspoons dried rosemary leaves
½ teaspoon dried thyme
1 bay leaf
2 cups (475 mL) water
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt and black pepper. Cover and cook on high for 1 hour. Reduce the setting to low and cook for 10 to 12 hours, until the lamb and vegetables are very tender. Turn the slow cooker off.
2. Remove and discard the bay leaf, season with the salt and black pepper, and serve hot.

Irish Lamb Stew

An Irish comfort food, this simply seasoned stew is always welcome on cold winter evenings. This recipe is from *1,001 Best Slow Cooker Recipes* by Sue Spitler. You can also find a [conventional version](#) of this recipe in this book.

Yield: 6 servings

1½ pounds (680 g) lamb cubes for stew
2 cups (475 mL) chicken broth
2 medium onions, sliced
6 medium potatoes, quartered
6 medium carrots, thickly sliced
½ teaspoon dried thyme
1 bay leaf
½ cup (124 g) frozen peas, thawed
2 tablespoons cornstarch
¼ cup (60 mL) cold water
1–1½ teaspoons Worcestershire sauce
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the peas, cornstarch, water, Worcestershire sauce, salt, and black pepper. Cover and cook on low for 6 to 8 hours.
2. Add the peas to the slow cooker, raise the setting to high, and cook for 10 minutes.
3. Combine the cornstarch and water in a mixing bowl and stir well. Add the cornstarch slurry to the slow cooker and stir well to combine for 2 to 3 minutes. Turn the slow cooker off.
4. Remove and discard the bay leaf, season with the Worcestershire sauce, salt, and black pepper, and serve hot.

Savory Lamb Stew

Enjoy this rich and flavorful combination of lamb shanks, lentils, vegetables, and spices. You can also find a [conventional version](#) of this recipe in this book.

Yield: 6 servings

2 pounds (900 g) lamb shanks, fat trimmed
1½ cups (355 mL) chicken broth
1 (14½-ounce [410-g]) can diced tomatoes, undrained
½ cup (90 g) brown dried lentils
½ cup (61 g) sliced carrots
½ cup (84 g) chopped green bell pepper
2 cups (192 g) chopped onions
2 cloves garlic, minced
2 bay leaves

2 teaspoons dried thyme
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
Kosher salt, to taste
Freshly ground black pepper, to taste
1¼ cups (210 g) cooked brown rice, warm

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt, black pepper, and rice. Cover and cook on low for 6 to 8 hours.
2. Remove the lamb shanks from the slow cooker and cut the meat into bite-sized pieces. Return the meat to the slow cooker and discard the bones and bay leaves. Turn the slow cooker off.
3. Season with the salt and black pepper and serve hot over the rice.

Lamb Biryani

The combination of rice, lamb, and vegetables makes this a comforting, delicious, and convenient dish. This recipe comes from Anupy Singla, author of *The Indian Slow Cooker*. You can also find a [conventional version](#) of this recipe in this book.

Yield: 4 servings

1 (4-inch [10-cm]) piece fresh ginger, grated
4 garlic cloves, grated
4–6 green Thai or Serrano chilies, or cayenne peppers, stems removed
2 tablespoons garam masala
1 teaspoon red chili powder
1 teaspoon turmeric powder
1 teaspoon kosher salt
⅔ cup (160 g) chopped cilantro
¼ cup (50 g) chopped mint
2 pounds (900 g) boneless lamb leg or shoulder, cubed (1-inch [2.5 cm])
1 cup (235 mL) plain yogurt
3 medium yellow or red onions, very thinly sliced
4 tablespoons (60 mL) canola or vegetable oil, divided
1½ cups (355 mL) water
2½ cups (526 g) uncooked basmati rice
1 tablespoon kosher salt
½ teaspoon saffron strands soaked in 2 tablespoons milk (optional)

1. In a large mixing bowl, combine the ginger, garlic, green chilies, garam masala, red chili powder, turmeric, salt, cilantro, and mint. Add the lamb and toss until coated. Refrigerate at least 2 hours or, ideally, overnight.
2. Stir the yogurt into the lamb mixture.

3. In a 6-quart (5.68-L) slow cooker, combine the onions, 2 tablespoons of the oil, and the lamb mixture. Cover and cook on high for 2 hours.
4. In a medium saucepan over medium–high heat, bring the water to a boil. Add the rice and salt. Reduce the heat to low and simmer for 3 to 5 minutes, until most of the water has evaporated. Using a slotted spoon, transfer the rice to the slow cooker, discarding any remaining water. Level the rice with the back of a spoon. Drizzle with the remaining 2 tablespoons of oil and the saffron mixture, if desired.
5. Cover and cook for 1 hour on high, mixing once or twice. Turn the slow cooker off.
6. Serve hot.

Minced Lamb with Peas, Indian Style

Follow this recipe, and your guests will think you slaved over a hot stove all day long!

Yield: 8 servings

4 pounds (1.82 kg) minced lamb
½ cup (120 mL) vegetable or canola oil
1 yellow or red onion, roughly chopped
1 (4-inch [10-cm]) piece fresh ginger, cubed
20 cloves garlic
10 green Thai or Serrano chilies, or cayenne peppers, stems removed
1 (16-ounce [450-g]) can tomato purée
8 Indian or regular bay leaves
4 tablespoons (25 g) ground cumin
4 tablespoons (34 g) coriander
2 tablespoons garam masala
2 tablespoons red chili powder
2 tablespoons salt
1 teaspoon ground turmeric
½ cup (11 g) chopped cilantro
2 cups (402 g) fresh or frozen peas
Warm basmati rice, cooked, for serving
Sliced green onions, for serving

1. In a 6-quart (5.68-L) slow cooker, combine the lamb and oil. Cover and cook on low while you prep the other ingredients.
2. In the bowl of a food processor fitted with the “S” blade, combine the onion, ginger, garlic, and green chilies and process until smooth.
3. Add the onion mixture, tomato purée, bay leaves, cumin, coriander, garam masala, red chili

powder, salt, and turmeric to the slow cooker. Cover and cook on high for 7 hours. Turn the slow cooker off.

4. Remove and discard the bay leaves. Add the cilantro and peas to the slow cooker and stir to combine. (If the peas are fresh, cook them in boiling water for about 3 minutes before adding.) Cover and let stand 10 minutes.
5. Serve hot with the rice and green onions.

Hearty Rosemary Lamb Stew with Sweet Potatoes

The pairing of rosemary and lamb is classic, distinctive, and delightful. You can also find a [conventional version](#) of this recipe in this book.

Yield: 4 servings

1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed (¾-inch)
1½ cups (355 mL) beef broth
1 pound (450 g) sweet potatoes, peeled, cubed (¾-inch)
1½ cups (126 g) cut green beans
1 large onion, cut into thin wedges
1 teaspoon dried rosemary leaves
2 bay leaves
1–2 tablespoons cornstarch
¼ cup (60 mL) cold water
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the cornstarch, water, salt, and black pepper. Cover and cook on low for 6 to 8 hours. Raise the setting to high and cook for 10 minutes.
2. Combine the cornstarch and water in a mixing bowl and stir well. Add the cornstarch slurry to the slow cooker and stir well to combine for 2 to 3 minutes. Turn the slow cooker off.
3. Remove and discard the bay leaves, season with the salt and black pepper, and serve hot.

Lamb, White Bean, and Sausage Stew

Dried beans cook perfectly in the slow cooker—no need to soak or precook!

Yield: 6 servings

1 pound (450 g) boneless lamb shoulder, cubed (1-inch [2.5-cm])
8 ounces (225 g) dried cannellini beans
2 cups (475 mL) chicken broth
½ cup (120 mL) dry white wine
8 ounces (225 g) smoked sausage, sliced (1-inch [2.5-cm])
1 cup (96 g) chopped onion
3 carrots, thickly sliced
1 clove garlic, minced
¾ teaspoon dried rosemary
¾ teaspoon dried oregano
1 bay leaf
1 (16-ounce [450-g]) can diced tomatoes, undrained
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the tomatoes, salt, and black pepper. Cover and cook on low for 6 to 8 hours, until the beans are tender, adding the tomatoes and their liquid during the last 30 minutes of the cooking time. Turn the slow cooker off.
2. Remove and discard the bay leaf, season with the salt and black pepper, and serve hot.

Lamb Stew with Chilies

For a variation on this stew, beef eye of round steak and beef broth can be substituted for the lamb and chicken broth. You can also find a [conventional version](#) of this recipe in this book.

Yield: 4 servings

1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed (¾-inch)
2 (14½-ounce [410-g]) cans diced tomatoes, undrained
½ cup (120 mL) chicken broth
2–3 (4-ounce [115-g]) cans chopped mild green chilies
1 cup (192 g) cubed potatoes
1 cup (113 g) cubed yellow summer squash
1 cup (96 g) sliced onion
½ cup (60 g) whole kernel corn
1 small jalapeño pepper
4 cloves garlic, minced
1½ teaspoons dried Italian seasoning
2 tablespoons cornstarch
¼ cup cold water
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the cornstarch, water, salt, and black pepper. Cover and cook on low for 6 to 8 hours. Raise the setting to high and cook for 10 minutes.
2. Combine the cornstarch and water in a mixing bowl and stir well. Add the cornstarch slurry to the slow cooker and stir well to combine for 2 to 3 minutes. Turn the slow cooker off.
3. Season with the salt and black pepper and serve hot.

Lamb and Turnip Stew with Cilantro

This homestyle lamb dish has been updated with fresh sage and cilantro. Serve over white or brown rice. You can also find a [conventional version](#) of this recipe in this book.

Yield: 4 servings

1 pound (450 g) boneless lamb shoulder, fat trimmed, cubed (1-inch)
1 cup (235 mL) tomato juice
½ cup (120 mL) dry red wine or tomato juice
2 cups (384 g) cubed potatoes
2 cups (260 g) cubed turnips
1 medium onion, chopped
1 tablespoon minced garlic
1 tablespoon fresh or 1 teaspoon dried sage leaves
Kosher salt, to taste
Freshly ground black pepper, to taste
½ cup chopped cilantro, for garnish

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt, black pepper, and cilantro. Cover and cook on low for 6 to 8 hours. Turn the slow cooker off.
2. Season with the salt and black pepper and serve hot, garnished with the cilantro.

Moroccan Lamb Stew

Sweet spices season this stew and raisins, almonds, and hard-cooked eggs provide colorful garnish. You can also find a [conventional version](#) of this recipe in this book.

Yield: 8 servings

2 pounds (900 g) boneless lean leg of lamb, cubed ($\frac{3}{4}$ -inch [2-cm])
1 cup (235 mL) chicken broth
1½ cups (144 g) chopped onions
1½ cups (144 g) tomatoes
2 large cloves garlic, minced
2 teaspoons minced fresh ginger
½ teaspoon ground cinnamon
¼ teaspoon ground turmeric
1 bay leaf
⅓ cup raisins
Kosher salt, to taste
Freshly ground black pepper, to taste
¼ cup (31 g) whole almonds, toasted, for garnish
2 hard-cooked eggs, chopped, for garnish
Chopped cilantro, for garnish
5 cups (560 g) cooked couscous or rice, warm, for serving

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the raisins, salt, black pepper, almonds, eggs, cilantro, and couscous. Cover and cook on low for 6 to 8 hours, adding the raisins during the last 30 minutes of the cooking time. Turn the slow cooker off.
2. Remove and discard the bay leaf and season with the salt and black pepper.
3. Transfer the stew to a serving bowl. Garnish with the almonds, eggs, and cilantro and serve hot over the couscous.

Lamb and Vegetable Tajine

Enjoy the fragrant flavors of Moroccan cuisine. Serve with warm pita bread. You can also find a [conventional version](#) of this recipe in this book.

Yield: 6 servings

1 pound (450 g) lean lamb or beef, cubed
2 (14½-ounce [410-g]) cans diced tomatoes, undrained
1 (15-ounce [425-g]) can garbanzo beans, rinsed, drained
1 ½ cups (126 g) halved green beans
1 cup (140 g) chopped butternut squash
1 cup (130 g) chopped turnips
½ cup (48 g) chopped onion
½ cup (51 g) sliced celery

½ cup (61 g) sliced carrot
1–2 teaspoons minced fresh ginger
1–2 teaspoons minced garlic
1 cinnamon stick
2 teaspoons paprika
2 teaspoons ground cumin
2 teaspoons coriander
1 cup (174 g) prunes, pitted
¼ cup (36 g) small black olives, pitted
Kosher salt, to taste
Freshly ground black pepper, to taste
4½ cups (504 g) cooked couscous, warm

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the prunes, olives, salt, black pepper, and couscous. Cover and cook on low for 6 to 8 hours, adding the prunes and olives during the last 30 minutes of the cooking time. Turn the slow cooker off.
2. Remove and discard the cinnamon stick and season with the salt and black pepper.
3. Transfer the stew to a serving bowl. Serve hot over the couscous.

Marrakech Lamb Stew

Three (15-ounce [425-g]) cans of cannellini beans can be substituted for the dried beans, if you like. You can also find a [conventional version](#) of this recipe in this book.

Yield: 8 servings

2 pounds (900 g) boneless lean leg of lamb, cubed (1-inch [2.5-cm])
3 cups (710 mL) chicken broth
4 ounces (115 g) dried cannellini beans
4 ounces (115 g) coarsely chopped portobello or cremini mushrooms
½ cup (61 g) sliced carrots
½ cup (48 g) sliced onion
3 large cloves garlic, minced
1 teaspoon ground cumin
½ teaspoon dried thyme
½ teaspoon dried savory leaves
2 bay leaves
¾ cup (126 g) sliced roasted red peppers
3 cups (720 g) baby spinach leaves
½ cup (120 mL) dry white wine or chicken broth
2 tablespoons cornstarch
Kosher salt, to taste
Freshly ground black pepper, to taste
5 cups (560 g) cooked couscous or rice, warm, for serving

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the roasted peppers, spinach, wine, cornstarch, salt, black pepper, and couscous. Cover and cook on low for 7 to 8 hours, until the beans are tender.
2. Add the roasted peppers and spinach to the slow cooker. Raise the setting to high and cook for 10 minutes.
3. Combine the wine and cornstarch in a mixing bowl and stir well. Add the cornstarch slurry to the slow cooker and stir well to combine for 2 to 3 minutes. Turn the slow cooker off.
4. Remove and discard the bay leaves and season with the salt and black pepper.
5. Transfer the stew to a serving bowl. Serve hot over the couscous.

Lamb and Beef Stew with Cognac

The flavors of two meats, wine, and cognac blend uniquely in this elegant stew. You can also find a [conventional version](#) of this recipe in this book.

Yield: 6 servings

1 pound (450 g) lean beef eye of round steak, cubed ($\frac{3}{4}$ -inch [2.5-cm])
1 pound (450 g) leg of lamb, cubed ($\frac{3}{4}$ -inch [2-cm])
 $\frac{1}{2}$ cup (120 mL) beef broth
 $\frac{1}{2}$ cup (120 mL) dry white wine or beef broth
3 tablespoons (45 mL) cognac (optional)
2 cups (172 g) baby carrots
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground mace
2 cups (240 g) small broccoli florets
2 cups (308 g) frozen, thawed pearl onions
Kosher salt, to taste
Freshly ground black pepper, to taste

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the broccoli, pearl onions, salt, and black pepper. Cover and cook on low for 6 to 8 hours, adding the broccoli and onions during the last 30 minutes of the cooking time. Turn the slow cooker off.
2. Season with the salt and black pepper and serve hot.

Karelian Slow Cooker Ragout

Allspice gently seasons beef, pork, and lamb in this Finnish stew. Serve over cooked rice or noodles, if you wish. You can also find a [conventional version](#) of this recipe in this book.

Yield: 12 servings

1 pound (450 g) cubed (1-inch [2.5-cm]) lean beef eye-of-round steak
1 pound (450 g) cubed (1-inch [2.5-cm]) lamb
1 pound (450 g) cubed (1-inch [2.5-cm]) pork loin
2 cups (475 mL) beef broth
2 cups (192 g) thinly sliced onions
½ teaspoon ground allspice
2 bay leaves
Kosher salt, to taste
Freshly ground black pepper, to taste
¼ cup (32 g) finely chopped parsley

1. In a 6-quart (5.68-L) slow cooker, combine all the ingredients, except the salt, black pepper, and parsley. Cover and cook on low for 6 to 8 hours. Turn the slow cooker off.
2. Remove and discard the bay leaves and season with the salt and black pepper.
3. Transfer the stew to a serving bowl. Garnish with the parsley and serve hot.

Greek Pitas

You'll love the flavorful meatballs in this dish.

Yield: 4 servings

1 pound (450 g) ground lamb
¾ cup (75 g) fresh breadcrumbs
1 egg
¼ cup (24 g) finely chopped onion
1 teaspoon dried oregano
1 teaspoon dried mint leaves
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¾ cup (175 mL) chicken broth
2 pita breads, halved
Cucumber-Yogurt Sauce, for topping
4 tablespoons (38 g) crumbled feta cheese, for topping

1. In a large mixing bowl, combine the lamb, breadcrumbs, egg, onion, oregano, mint, salt, and black pepper. Stir well. Shape the mixture into 16 meatballs and set aside. Place in a slow cooker with the chicken broth. Cover and cook on low for 4 hours. Drain and discard the juices, or save them for another use.

2. In a 6-quart (5.68-L) slow cooker, combine the meatballs and the broth. Cover and cook on low for 4 hours. Turn the slow cooker off.
3. Using a slotted spoon, place 4 meatballs into each pita half. Top the meatballs in each pita half with 2 tablespoons of the [Cucumber–Yogurt Sauce](#) and 1 tablespoon of the feta cheese.
4. Transfer to a serving platter and serve immediately.

Cucumber–Yogurt Sauce

Use this sauce to complete your [Greek Pitas](#).

Yield: About ½ cup (120 mL)

¼ cup (60 mL) plain yogurt
¼ cup (25 g) finely chopped seeded cucumber
1 teaspoon dried mint leaves

1. In a small mixing bowl, combine all the ingredients and stir well to combine.
2. Use immediately.