



**Grass-fed
Lamb & Goat
Recipes
2009**

Table of Contents

Barbecued Lamb Tri-Tip (butterflied leg).....	3
Goat Curry	3
Goat Vindaloo	3
Greek Lamb with Herbs and Garlic	4
Kufda	4
Lamb Cacciatore	5
Lamb or Goat Stew with Peanut Sauce	5
Lamb Neck with Rice or Barley	6
Lamb Neck Soup.....	6
Leg of Lamb “Zikiro”	6
Lentils with Lamb and Tomatoes.....	7
Marinades for Goat and Lamb	7
Oven-Roasted Rack of Lamb (or Goat).....	8
Pistachio-encrusted Rack of Lamb.....	8
Riblets with Fresh Figs.....	8
Roasted Lamb with Monsieur Henny’s Potato, Onion and Tomato Gratin.....	8
Shepherd Stew	9
Sikbadj (Lamb Stew with Dates and Apricots)	9

Barbecued Lamb Tri-Tip (butterflied leg)

- 1 butterflied leg of lamb
- Dry rub (we use Cow Camp seasoning – made right here in Placer County)

Place leg of lamb in 1 gallon Ziploc bag. Add dry rub and coat entire leg. Let sit in refrigerator for at least 3 hours. Prepare an indirect fire in barbecue. Cook over indirect heat for approximately 35-45 minutes (internal temperature should be about 150 degrees for medium-rare to medium).

Goat Curry

Serves 6

- 9 cloves garlic, chopped
- 3" piece ginger, peeled and chopped
- 2 TBS amchoor powder
- 1 TBS ground coriander
- 2 tsp coarsely ground pepper
- 1 tsp salt
- 2 tsp cumin seeds
- 2 tsp red chili powder
- 1 tsp whole cloves
- 1 TBS cardamom seeds
- 3 lbs. goat (some with bones – neck slices are perfect), cut into 4" pieces
- 4 cups plain yogurt
- 6 shallots, thinly sliced

Heat 1/3 cup canola oil in heavy pot. Add goat to brown slightly. Add garlic/ginger minced together and all other spices. Mix 1 minute. Add yogurt. Bring to boil. Reduce heat and simmer for 2 hours, stirring occasionally. Meanwhile, heat 1 TBS oil in skillet and caramelize shallots. Add shallots after goat has cooked 2 hours and continue to simmer until sauce thickens (45 minutes to 1 hour). Season with salt and serve with rice.

Goat Vindaloo

Serves 4

(Note: cut chilies in half if you don't want this too spicy)

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 10 whole dried red chilies
- 1/2" cinnamon stick
- 8 whole cloves
- 6 green cardamom pods
- 10 black peppercorns
- 6 garlic cloves, minced
- 2" piece fresh ginger, peeled and minced
- 2 TBS white vinegar
- 1/2 lemon, juiced

- ¼ tsp salt
- 2 lbs. boneless goat shoulder, well trimmed and cut into 1" cubes (kabobs)
- 2 very ripe medium tomatoes, quartered (or 1 can whole peeled tomatoes)
- 2 medium onions, quartered
- 3 TBS canola oil
- 1 tsp salt (or to taste)
- ¼ to ½ cup water

For the spice taste, combine the cumin, coriander, red chilies, cinnamon, cloves, cardamom and peppercorns in a spice grinder and grind into a coarse powder. Dump out into a large ceramic or glass bowl and stir in the turmeric, garlic, ginger, vinegar, lemon juice and ¼ tsp salt. Add goat and stir with a spatula to coat the meat with the paste. Cover and let marinate in the refrigerator at least 2 hours or up to 4 hours. Meanwhile, combine tomatoes and onions in food processor and puree; set aside. Heat oil in large, heavy-bottomed casserole over medium-high heat. Add goat with marinade and cook, stirring often, for 10 minutes. Add tomato-onion puree and salt, and stir well. Bring to a boil. Add water as needed to cover the meat. Return to boil, turn heat down and simmer, covered, until the meat is tender (about 1 hour). Taste for salt and serve hot.

Greek Lamb with Herbs and Garlic

Serves 8

- 4 – 4-1/2 lbs. boned leg of lamb
- 4 cloves garlic, cut into thin slivers
- 1 cup dry red wine
- ¼ cup olive oil
- 3 TBS lemon juice
- 3 TBS cream sherry
- 1 TBS chopped fresh thyme
- 5 sprigs (4-6" long) fresh rosemary
- ½ tsp salt
- ¼ tsp pepper

Cut slits about ½" wide and deep into lamb and insert slivers of garlic. In a 9x13" baking dish, mix wine, olive oil, lemon juice, sherry, thyme, rosemary, salt and pepper. Add lamb and turn to completely coat with marinade. Cover and chill, turning occasionally for at least 2 hours (and up to overnight). Prepare a direct fire in the barbecue (medium heat). Cook lamb, turning once, until a thermometer inserted in the center of the thickest part registers 135° for medium rare (25-35 minutes). Transfer meat to cutting board or platter, cover lightly with foil to keep warm. Let stand 10-15 minutes before carving.

Kufda

- 1 lb. ground lamb
- Garlic powder, cumin, salt and pepper to taste.
- 1 tsp dried parsley
- 1 cup cracker crumbs
- Olive oil

Mix lamb, ½ cup cracker crumbs and seasoning in bowl. Roll lamb into oblong meat balls (about 2" long) and roll in remaining cracker crumbs. Saute in olive oil over medium heat until cooked through (about 25 minutes, turning to brown on all sides). Serve with rice or in pita bread with cucumbers, tomatoes and yogurt sauce.

Lamb Cacciatore

Serves 8

- 3 lbs. boneless leg of lamb or shoulder, or lamb kabobs, well trimmed and cut into 1 to 1-1/2" chunks (or small loin chops)
- ¼ cup dry white wine
- 2 large garlic cloves
- 6 TBS olive oil, divided
- 2 TBS chopped fresh rosemary
- 1 TBS chopped fresh oregano
- 1 TBS chopped fresh mint
- 6 oz. baby arugula, torn
- 2 lemons, cut into wedges
- OPTIONAL – 4 anchovy fillets, chopped

Place lamb in glass dish. Drizzle with wine and sprinkle with salt and pepper. Press garlic into small bowl, add 4 TBS olive oil, all herbs and anchovies. Stir mixture into lamb. Cover and chill for at least 2 hours (and up to 1 day). Toss arugula and 2 TBS oil in large bowl. Arrange on platter as a bed for lamb – sprinkle with salt and pepper.

Prepare lamb – place on skewers and grill turning occasionally for about 10 minutes or cook in sauté pan in oil until brown and then place in 300° oven while sautéing rest of lamb. Serve lamb over arugula with lemon wedges.

Lamb or Goat Stew with Peanut Sauce

- 2 TBS light olive oil
- 1 ½ lbs. lamb shoulder, trimmed of excess fat & cut into 1-1/2" pieces
- 1 clove garlic, minced
- ¼ cup smooth peanut butter
- 3 TBS low-sodium soy sauce
- 3 TBS dark brown sugar
- 2 TBS fresh lemon juice
- 1 TBS molasses
- 1/8 tsp cayenne pepper
- ½ C water
- ¼ C chopped roasted peanuts
- 2 TBS chopped fresh cilantro (garnish)
- Salt & pepper, to taste

Warm olive oil in a sauté pan over medium-high heat. Add lamb and brown quickly on all sides. Using a slotted spoon, transfer to crockpot. Add the garlic and sauté for a minute, then add peanut butter, soy sauce, sugar, lemon juice, molasses, and cayenne, scraping up brown bits and stirring with a whisk. Add water and pour over lamb in the crock. Cover and cook on LOW for 6-8 hours. At end of cook time, stir in peanuts and cilantro. Season to taste. Serve hot over brown jasmine rice or couscous.

Lamb Neck with Rice or Barley

Brown neck slices (optional). Cover with water and add chopped parsley, salt and pepper to taste. If desired, add some chopped onion, chopped celery, diced potatoes, carrots, etc. Simmer a minimum of 1-1/2 hours. Add 2-3 TBS per pound of meat of rice or barley and cook until done in a tightly covered pot. Add more water if needed during cooking.

Lamb Neck Soup

Serves 8

- 2 TBS olive oil
- 2 lbs. lamb neck
- 3 medium onions, chopped
- 2 medium carrots, sliced
- 2-3 stalks celery, sliced
- 2 large cloves garlic, minced
- 1 bay leaf
- 2 tsp salt
- 1/2 tsp pepper
- 1 tsp each thyme and marjoram leaves
- 4 cups chicken broth
- 2-3 cups cooked or canned small white, great northern or cannellini beans, drained

In a 5-6 quart dutch oven, brown lamb over medium heat and remove from pan. Add onion, carrot, celery and garlic. Cook until soft. Return lamb to pan, add broth and seasonings. Simmer for about 2 hours. Allow to cool a bit, remove meat and bay leaf. Add beans. Remove meat from bones in bite-sized pieces and return to pan. Chill and skim fat (if desired). Reheat and serve.

Leg of Lamb “Zikiro”

- 3/4 cup olive oil
- 1/2 cup sherry vinegar
- 1/3 cup chopped fresh thyme
- 1 head of garlic, sliced
- 1 tsp paprika
- 1 TBS kosher salt
- 1 TBS white pepper
- 1 leg of lamb
- 3 cups water

Preheat oven to 500 degrees F (or prepare an indirect fire in barbecue). Combine olive oil, sherry vinegar, thyme, garlic, paprika, salt and pepper. Rub the marinade over the meat. Cover tightly and marinate for 2 hours. Place the lamb on a rack in a roasting pan. Pour the marinade over the lamb and add 2 cups of water to the bottom of the pan. Cook for 1 1/4 hours or until internal temperature is 150 degrees F (for medium rare), basting frequently. Set aside on a cutting board to rest for 20 minutes, covered with aluminum foil.

Lentils with Lamb and Tomatoes

Serves 4

- 4 TBS corn oil
- 1 bay leaf
- 2 cloves
- 4 black peppercorns
- 1 medium onion, sliced
- 1 lb. lean lamb, boned and cubed (lamb kabobs)
- ¼ tsp turmeric
- 1-1/2 tsp chili powder
- 1 tsp crushed coriander seeds
- 1" cinnamon stick
- 1 tsp garlic pulp
- 1-1/2 tsp salt
- 6-1/4 cups water
- 1/3 cup round yellow lentils or yellow split peas
- 2 medium tomatoes, quartered
- 2 fresh green chilies, chopped
- 1 TBS chopped fresh cilantro

Heat oil in deep round bottomed frying pan. Lower heat slightly and add bay leaf, cloves, peppercorns and onion. Fry for about 5 minutes, or until onions are golden brown. Add lamb, turmeric, chili powder, coriander seeds, cinnamon stick, garlic and most of the salt. Stir-fry for about 5 minutes over medium heat. Pour in 3-3/4 cups of water and cover pan with lid or foil. Simmer over low heat for about 35-40 minutes, or until water has evaporated and lamb is tender. Put lentils into a saucepan with 2-1/2 cups water and boil for about 12-15 minutes, or until water has mostly evaporated and lentils are soft enough to be easily mashed. When lamb is tender, stir-fry the mixture using a wooden spoon until some free oil begins to appear on the sides of the pan. Add the cooked lentils to lamb and mix together well. Add tomatoes, chilies and fresh cilantro and serve.

Marinades for Goat and Lamb

Mint Raspberry Marinade: Combine 1/3 cup of olive oil, 2 tablespoons raspberry vinegar, 1 tablespoon of chopped fresh mint and 1 garlic clove, minced.

Soy Ginger Marinade: Combine 1/4 cup lemon juice, 1/4 cup soy sauce, 1/4 cup honey, 1 teaspoon grated ginger and 1 garlic clove, minced.

Meyer Lemon Marinade: Combine juice from 2 Meyer lemons, 2 TBS minced garlic, fresh basil, fresh oregano, fresh thyme and salt and pepper to taste.

Tejano Marinade: Combine 2 TBS minced garlic, 2 tsp ground cumin, 1 tsp cumin seeds, 2 tsp dried oregano, 2 TBS sesame seeds, 1 TBS vanilla extract, ½ cup fresh Meyer lemon juice, 1 TBS salt, 1 tsp freshly ground black pepper, ¼ cup olive oil.

Yogurt Curry Marinade: Combine 1/3 cup plain yogurt, 2 teaspoons curry powder, 1 garlic clove, minced and 1 1/2 teaspoons lemon pepper.

We also enjoy several prepared marinades:

Snow's Citrus Court Mandarin Orange Marinade (**available at fine stores and farmers' markets**)

Basque Meat Tenderizer and Barbecue Sauce (**available at Raley's and Bel Air**)

Oven-Roasted Rack of Lamb (or Goat)

- 1 rack of lamb
- Salt, freshly ground black pepper and garlic powder
- 1-2 TBS olive oil

Preheat oven to 475. Season rack all over with salt, pepper and garlic powder. Place a heavy 10-inch ovenproof skillet over high heat and film the bottom with olive oil. Put the rack on fat side down and sear for 1-2 minutes. Using tongs, hold the rack with the bones vertical and sear the top meat for 1-2 minutes. Sear the bone side for 1-2 minutes. Remove from heat and let rest uncovered for a few minutes. Arrange the rack bone side down in the skillet. Roast the lamb in the middle of the oven for 15-20 minutes. Remove from oven and let rest for 5-7 minutes, loosely covered, before carving.

Pistachio-encrusted Rack of Lamb

- 1 rack of lamb – frenched
- Salt, pepper and garlic powder, to taste
- 3 TBS Fiddymment Farms pistachio butter

Prepare an indirect fire in the barbecue. Coat rack of lamb with salt, pepper and garlic powder and place rack fat side down over indirect heat for 20 minutes. Coat with pistachio butter, turn over and cook for an additional 8-10 minutes. Let stand for 5 minutes before serving.

Riblets with Fresh Figs

- 2 pounds lamb or goat riblets
- 4 TBS olive oil
- 1 large onion – chopped
- 1 TBS flour
- 1 ¼ C dry white wine
- 1 pound whole figs
- Salt & pepper to taste

Cut riblets in to 2" pieces and brown in oil. Add onion and cook until caramelized. Sprinkle flour over top and blend well. Add wine slowly and mix to thicken. Reduce heat. Place figs in with the meat. Cover and simmer one hour.

Roasted Lamb with Monsieur Henny's Potato, Onion and Tomato Gratin

Serves 8-10

- 6 cloves garlic (1 split, the rest copped)
- 2 lbs. russet potatoes, peeled and very thinly sliced
- Salt and pepper, to taste
- 1 TBS, fresh thyme
- 2 large onions, very thinly sliced
- 5 medium tomatoes (about 1 lb.), cored and thinly sliced
- 2/3 cup dry white wine
- 1/3 cup olive oil
- 1 bone-in leg of lamb

Preheat oven to 400°. Rub bottom of a large gratin dish with split garlic clove. Arrange the potatoes in a single layer. Season with salt, pepper and some of the thyme and chopped garlic. Layer sliced onions on top; repeat the seasonings. Layer tomatoes on top and season with salt, pepper and remaining garlic and thyme. Drizzle top with wine and then the oil. Trim thicker portions of fat from the leg of lamb. Season meat with salt and pepper. Place lamb on a sturdy cake or oven rack directly on top of the gratin dish. Roast, uncovered, for about 1 hour (for rare lamb). Turn lamb every 15 minutes, basting with liquid from the dish underneath. Remove from oven and let lamb sit 20 minutes before carving. To serve, carve lamb into thin slices and arrange on a serving platter, with vegetable gratin alongside.

Shepherd Stew

- 2 pounds lamb kabobs or stew meat
- 1 large onion – chopped
- 3 cloves garlic - chopped
- 1 medium winter squash (butternut or acorn) – peeled and cut into 1” cubes
- 1 can stewed tomatoes
- 2 cans beans (pinto, black and/or kidney)
- 1 can diced Ortega chilies
- 1 cup red wine
- 2 cups chicken broth
- Season to taste (we use salt, pepper, a pinch of cumin, bay leaves, paprika and basil)

Brown meat in olive oil. Combine all ingredients in crock pot or dutch oven and cook until vegetables and meat are tender. Serves 4 (with leftovers).

Sikbadj (Lamb Stew with Dates and Apricots)

Serves 12

- 2 large onions, coarsely chopped
- Sunflower oil
- 3 lbs. boned leg or shoulder of lamb
- 2 tsp cinnamon
- 1 tsp allspice
- Salt and pepper
- 3 medium eggplants, cubed
- 12 oz dried dates, pitted
- 4 oz (or more) dried apricots
- 8 oz blanched almonds
- 2 TBS sesame seeds

Fry onions in large saucepan in 3 TBS oil. Trim the meat of fat and cut into 1-1/2” pieces. Add to onion and brown. Cover with water, bring to boil, add cinnamon, allspice, salt and pepper and simmer covered for about 1 hour. Meanwhile, sprinkle plenty of salt on the eggplants and let them degorge their juices. When meat is very tender, rinse the eggplants and add them to the stew with a bit of water (if necessary). After another 20 minutes, add dates and apricots and cook for another 10-20 minutes until the eggplants and fruits are soft. Fry almonds in oil until browned and toast sesame seeds in a dry frying pan until lightly colored. Serve stew sprinkled with almonds and sesame seeds on large shallow plate.