



Benview Farms Hot & Spicy BBQ Lamb

This is a family favorite and the recipe has been hand written and passed down from my mother. It is always a hit and seriously good.

Ingredients

1 Benview Farms butterflied leg of lamb

Marinade:

1 Tbsp. Oil
1/3 cup of soy sauce
2 cloves crushed garlic
2 Tbsp. seeded mustard
1 Tbsp. sabal oelek
2 Tbsp. honey
2 Tbsp. lemon

Spicy Sauce:

1/2 cup water
2 tsp. soy sauce
2 tsp. honey
2 tsp. corn flour
2 tsp. water
Reserve 1/4 cup of marinade for the sauce

Method

Combine all the marinade ingredients together. In a container place the lamb and pour the marinade onto the lamb rubbing it in as you pour. Marinate the lamb over night.

Remove the lamb from the refrigerator 1 hour before cooking.

Take 1/4 cup of marinade for the sauce.

Baste the lamb while cooking with the remaining marinade. Cook on closed BBQ for 45 mins to 1 hour depending on thickness.

For the sauce heat the marinade, water, soy sauce and honey in a saucepan. Blend corn flour with water in a cup and add to the sauce mixture. Stir until sauce boils and thickens.



Benview Farms Lamb Shank Ragu

This is a great Ragu recipe and can be used with chump chops, neck chops, or even a leg roast substituted in absence of shanks.

Ingredients

2 Benview Farms Lamb Shanks
1 tbsp olive oil
1 small brown onion
1 clove of garlic, crushed
½ small long red chilli, finely chopped
400g can of Australian diced tomatoes

To serve

Pappardelle pasta
Parmesan Cheese to serve

Chili Gremolata:

1 ½ Tbsp. fresh flat leaf parsley, chopped
½ lemon, zested
½ small long red chilli, finely chopped

Method

Combine all the ingredients in a slow cooker, or solid based saucepan with lid. Leave it to cook away for 3 hours on low until the meat is falling off the bone. You could also place in a casserole dish and cover tightly with aluminum foil and bake in the oven at 130°C for 3 hours turning every hour.

Once the lamb is cooked transfer to a plate and set aside until cool enough to handle. Pull meat from the bone in chunks, discarding bone, fat and sinew.

Place the sauce in a saucepan, bring it to the boil and simmer for 5 minutes until reduced by 1/3. Return the meat to the sauce and season with salt and pepper.

To make the chilli gremolata combine parsley, lemon zest and chilli in a bowl.

Bring a large pot of salted water to a boil over high heat. Add pasta and stir to prevent sticking. Cook as per packet instructions for al dente. Drain. Return the pasta to the empty pot and toss with the sauce to coat for about 1 minute. Divide among bowls. Sprinkle with chilli gremolata and Parmesan.



Benview Farms Slow-Roasted Shoulder of Lamb

Ingredients

Shoulder of Benview Farms Lamb

1 ½ tsp ground coriander

1 ½ tsp ground fennel

1 ½ tsp ground cinnamon

2 star anise, ground

¾ tsp ground cardamom

¾ tsp freshly ground white pepper

4 tsp sea salt

¼ cup extra virgin olive oil, plus extra

Lemon wedges

Freshly ground pepper

Method

The night before, trim the excess fat from the edges of the shoulders. Mix the spices, sea salt and oil together and rub over the lamb. Put the lamb in a container then refrigerate overnight.

Remove the lamb from the refrigerator 2 hours before cooking and preheat the oven to 130 C. Put the shoulder in a roasting dish and drizzle with a little extra oil. Add ½ cup water. Use two sheets of foil joined together to make a tent over the lamb, then cook for 2 ½ - 3 hours. Reduce the heat to 110 C and cook for 4 hours more. When ready, the lamb will be very well done. Remove from the oven and allow to rest for 20 minutes, shred the meat off the bone. Put on a platter or divide between plates and serve with lemon and freshly ground pepper.

Accompaniments

Serve with tomato and chilli relish and your favorite salad or vegies. And enjoy your Benview Farms lamb.