

free

Be inspired with beef and lamb

meat

Issue 10 Summer

Celebrate summer

8

CROWD-
PLEASING
RECIPES

SIMPLE
TWISTS ON
THE CLASSIC
BURGER

Plus
HOW TO
COOK THE
PERFECT
STEAK

BE IN TO WIN
*Your tough kitchen
companion!*

Cooking videos and more delicious meal ideas at recipes.co.nz

Best of
NEW ZEALAND
BEEF & LAMB



TM

Feature Cut – Lamb Rump

Sometimes referred to as mini roasts, lamb rumps offer an accessible alternative to a lamb leg roast, while still looking extra special on the plate. They're extremely versatile and work well with marinades and sliced in a number of dishes such as salads or pastas.

THE CUT

The lamb rump is an individual muscle cut from the hind leg. When roasted and rested, it is very tender with a lot of flavour. There is a layer of fat and skin on the top which crisps up beautifully when cooked. This can be removed before or after cooking.

HOW TO COOK

Pan seared, then quickly roasted and rested, lamb rumps make for a perfect meal with a wonderful caramelised crust on the outside and meltingly tender and juicy on the inside.

Remove the lamb rump from the fridge 30 minutes before cooking to bring to room temperature, which results in even cooking. Pat dry, rub with a little oil and season with salt and pepper. Sear the lamb for a couple of minutes in a very hot pan until it's brown all over. Transfer to an oven dish and brush with marinade if using. Roast in a preheated oven according to the recipe and weight of the lamb rump.



In this issue of mEAT Magazine we've included a beautiful summer salad recipe – Balsamic Glazed Lamb Salad (page 11). This salad is visually impressive, full of flavour and perfect for summer entertaining.

Scan to learn more about lamb rump



4



6



7



9

Cover recipe



11



12



13



14

Look for **The New Zealand Beef and Lamb Quality Mark** to ensure you are buying the best of New Zealand beef and lamb. Your assurance it's New Zealand grown, free range and tender.



Tough Standards. Tender Results.

How to cook the perfect steak

1. Take the meat out of the fridge 20-30 minutes before cooking. This allows it to come to room temperature and ensures even cooking.
2. Pat with paper towels, making sure the outside of the meat is as dry as possible before frying. If you want to cut the fat off the steak, do it once it's cooked as fat adds flavour and moisture to the meat while it's cooking. Brush the steaks with oil and season all over with a little salt and pepper.
3. Preheat a large frying pan (or BBQ) to a high heat. If using a frying pan, the heavier the base, the better - heavy-based pans hold heat longer and cook the meat evenly.
4. It's important not to overcrowd the pan or BBQ, or the meat will stew rather than sear. Cook the steak in batches or use two pans if need be. You should hear a big sizzle when the steak hits the pan - no sizzle means the pan isn't hot enough.
5. As a rule of thumb for a steak 22mm thick - cook 2 minutes each side for rare, 3-4 mins each side for medium-rare and 4-6 mins each side for medium. For well done, cook for 2-4 minutes each side, then turn the heat down and cook for another 4-6 minutes.
6. To test for doneness, I find it easiest to use the tip of your clean index finger (or tongs) to gently prod the steak. If the steak is soft and squishy, it's rare. If it's soft but a bit springy, that's medium-rare. If it's springy, that's medium. Any firmer than that and it's on its way to well done.
7. Place the steaks onto a wooden board or plate, cover loosely with foil and rest for about 6-7 minutes before slicing across the grain or serving. Resting will allow the meat to relax, and the juices will return to the meat fibres. This means the juices won't run out on to the plate when you cut the steak - and results in more tender steak.

Mustard, Garlic & Herb Cream

1 cup cream
2 tablespoons wholegrain mustard
1 clove garlic, crushed
2 tablespoons fresh herbs, chopped (chives, parsley, coriander)

Place all the ingredients except the herbs in a small saucepan and bring to the boil. Immediately reduce the heat and simmer gently until the cream has reduced by half, then add the herbs. Taste and season as required.

Chimichurri

½ cup fresh coriander, finely chopped
½ cup fresh oregano, finely chopped
2 cloves garlic, crushed
¼ cup oil
2 teaspoons white or red wine vinegar

Combine all ingredients until well mixed (use a processor if you have one). Taste and season as required.

Zesty Tomato Salsa

1 punnet ripe cherry tomatoes, quartered
4 pieces sundried tomato, finely chopped
2 tablespoons red onion, finely chopped
2 teaspoons fresh oregano or thyme, chopped
1 clove garlic, crushed

1 tablespoon capers
1 teaspoon red or white wine vinegar
½ teaspoon sugar

Combine all ingredients in a bowl and let them sit for at least half an hour to allow the flavours to infuse before serving with cooked steak. Season with salt before serving.

Scan to watch how to cook the perfect steak



Scotch fillet



Rump



Eye fillet

Sirloin



Tips & tricks

+ Ribs are sold two ways, as separate ribs or joined together. If joined together cut them into two, three or four rib pieces. The bigger the pieces the longer they will take to cook.

+ Because ribs are mainly bone, they will take longer to cook than you may think. However if the pan or grill is too hot, the marinade will burn before they are cooked through so don't have it on the highest heat.

+ As a guide, serve four ribs per person for a main meal.

+ To reduce the sodium content of this dish, opt for a salt-reduced tomato paste.

+ The meat on ribs is close to the bone which means it's full of flavour.

Suggested cuts

The following cuts work well in this recipe.



Lamb ribs



Lamb loin chops



Lamb shoulder chops

Lemon, Honey & Rosemary Lamb Ribs

SERVES 4 PREPARATION TIME 10 MINS, PLUS MARINATING TIME COOKING TIME 15 MINS

Lamb
800g-1kg Quality Mark lamb ribs

Marinade
¼ cup oil
2 tablespoons lemon juice
3 cloves garlic, crushed
1½ tablespoons tomato paste
2 sticks fresh rosemary leaves, roughly chopped
¼ cup fresh thyme leaves, chopped
½ cup fresh mint leaves, chopped
1 tablespoon honey
1 teaspoon paprika
Zest of 2 lemons
Pinch of chilli flakes

To serve
Chopped fresh parsley
Sesame seeds

Lamb: Mix all the marinade ingredients in a small bowl to combine. Place the lamb ribs in a resealable bag or plastic container and add the marinade, mixing well to coat then cover. Leave to marinate for at least an hour or overnight in the fridge.

Remove the ribs from the fridge at least 30 minutes before cooking and season. Preheat a barbecue grill or frying pan to a medium-high heat. Add the ribs and cook until browned and crunchy on all sides – around 15-20 minutes. If you have single ribs they will only take about 10-15 minutes.

To serve: Arrange on a platter and sprinkle with fresh parsley and sesame seeds.



Vietnamese Beef & Noodle Salad

SERVES 4-6 PREPARATION TIME 15 MINS PLUS MARINATING TIME COOKING TIME 10 MINS

Beef
600-800g Quality Mark beef rump steaks, trimmed

Marinade/dressing
¼ cup brown sugar
¼ cup fish sauce
3 tablespoons lime juice
1 tablespoon lemongrass paste (see tips)
1 tablespoon ginger juice (see tips)
2 teaspoons sesame oil
Pinch of chilli flakes

To serve
100g vermicelli noodles
1 cup red cabbage or lettuce, very finely chopped
2 carrots, peeled and cut into thin sticks
1 cucumber, shaved into ribbons (see tips)
2 celery stalks, thinly sliced
½ red capsicum, deseeded and thinly sliced
1 cup cherry tomatoes, halved
1 cup fresh herbs – e.g. mint, coriander, basil
1 packet snow peas or sugar snap peas
¾ cup roasted peanuts or cashews, chopped (plus extra for garnish)
1 red chilli, chopped (for garnish)

Marinade: Whisk the marinade ingredients together in a bowl to dissolve the sugar. Taste and add more sugar, fish sauce, lime juice or chilli to suit your taste. Place the beef in a resealable bag or container and pour half of the marinade in to coat the steaks (reserve the rest to use as the salad dressing later). Seal the bag and marinate for an hour or overnight in the fridge.

Beef: Heat a little oil in a frying pan (or on the BBQ) over a high heat. Cook the steaks for 3-4 minutes until the underside is crunchy and browned, then turn over and cook for another 3-4 minutes for medium rare or cooked to your liking (see tips on page 4). Remove from the heat to a warm plate, cover loosely with foil and rest for 10 minutes before carving across the grain into thin strips.

To serve: Place the noodles in a heatproof bowl and pour boiling water over to cover them. Let stand for about 10 minutes until soft then drain. Gently combine the beef, noodles and salad ingredients with the remaining dressing, season with salt and pepper and arrange in bowls. Garnish with extra nuts, fresh herbs and chopped red chilli.

This recipe was inspired by Michelle Mourits (one of our readers).

Suggested cuts

The following cuts work well in this recipe.



Beef rump steak



Beef scotch fillet steak



Beef sirloin steak

Tips & tricks

+ When using rump steak, be careful not to overcook the steak, or it will become tough and chewy. They should only need a few minutes on each side, depending on how thick they are.

+ Slice meat across the grain for optimal tenderness.

+ Lemongrass paste is available at your supermarket and it takes the work out of chopping lemongrass, which can be stringy and fibrous if not prepared properly.

+ Ginger juice is made by finely grating fresh ginger and squeezing the juice out.

+ To make cucumber ribbons, place the cucumber on the bench, hold firmly and peel strips using a potato peeler, using quite a bit of pressure. Avoid the seeds.

Tips & tricks

- + Be careful not to overcook the patties or they will dry out – they should only just be cooked through. To be absolutely sure use a meat thermometer; when the internal temperature reaches 75°C, they are ready.
- + Ensure your patties are bigger than the diameter of your buns as they will shrink quite a bit during cooking.
- + Premium mince is the leanest grade of beef mince and meets the Heart Foundation Tick of Approval, having less than 4% saturated fat.
- + Barbecuing meat adds a lovely smoky flavour.
- + You can use ½ cup of dried breadcrumbs soaked in milk in place of the bread if you prefer.
- + You don't have to stick to Cheddar for burgers – try using something a little different like camembert, Gruyère or fried haloumi. Blue cheese is a perfect match with beef – I highly suggest you give it a go.
- + As an alternative, you could use tortillas to wrap up all the fillings.
- + Grating the onion helps smaller patties cook through quicker.



"There's something special about the family getting together, and everyone assembling their own burgers, it's loads of fun and they just taste that much better."

Sarah Walker

Mexican Beef Sliders with Jalapeño Salsa & Avocado Cream

PREPARATION TIME 20 MINS COOKING TIME 15 MINS

Patties

600g Quality Mark lean beef mince
1 clove garlic, crushed
1 medium onion, grated or finely chopped
1 egg, lightly beaten
¾ cup red kidney beans, rinsed and drained
2 tablespoons tomato paste
½ cup fresh oregano, chopped (or 3 teaspoons dried)
2 teaspoons mild smoked paprika
2 teaspoons ground cumin
1 teaspoon ground coriander
½ cup Parmesan, grated

Avocado cream

1 avocado, mashed
½ cup sour cream
Juice and zest of 1 lime

Jalapeño salsa

1 cup cucumber ribbons (see tips on page 7)
¾ cup fresh coriander leaves, chopped
1 red onion, very finely sliced
½ cup pickled jalapeños, finely chopped

To serve

8-12 sliders (or 4-5 normal sized burger buns), halved
8-12 small bamboo skewers if doing sliders
2-3 cobs sweetcorn, cooked and sliced into shards
Tomato relish

Patties: Place all the patty ingredients in a bowl, season and combine. Shape into 8-12 small patties (or 4 large ones). Cover and refrigerate for 15 minutes.

Preheat a BBQ or frying pan to a medium heat. Brush the patties with a little oil on both sides before cooking. The small slider patties will only need a few minutes on each side, turning once to brown both sides evenly, until cooked through. If you have 4 large patties this will take a bit longer.

Jalapeño salsa: Combine all ingredients, drizzle with a little oil and lime juice and season as required.

Avocado cream: Combine all the ingredients and season as required. You can add more lime juice to taste.

To assemble: Spread avocado cream on the bottom bun and place the patty on top. Spread a good amount of the jalapeño salsa on top, followed by the corn, then spread the relish on the top bun. Press down gently and poke in the skewer to secure it. Serve immediately.

Cheeseburgers with Secret Sauce

PREPARATION TIME 20 MINS COOKING TIME 15 MINS

Patties

600g Quality Mark lean beef mince
½ large onion, very finely chopped
1 clove garlic, crushed
1 egg, lightly beaten
1 slice wholemeal toast bread, crusts removed, soaked in 2 tablespoons milk
½ cup chives, finely chopped
½ cup parsley, finely chopped
½ cup grated cheese
2 tablespoons tomato paste
1 tablespoon oil
Few drops Worcestershire sauce
8 slices Cheddar cheese

Secret sauce

¾ cup mayonnaise
1 shallot, peeled and finely chopped
3 gherkins, finely chopped
1 clove garlic, crushed
1½ tablespoons Dijon mustard
1 tablespoon tomato paste

To serve

4-5 burger buns, halved
Lettuce leaves
1 red onion, very thinly sliced

Patties: Preheat the oven to grill. Place all the patty ingredients in a bowl, season and combine. Shape into 4-5 patties, cover and refrigerate for 15 minutes.

Preheat a BBQ or frying pan to a medium heat. Brush the patties with a little oil and cook for a few minutes until crunchy and brown on one side. Turn the patties over, reduce the heat to medium-low and cook for another 8-10 minutes until cooked through.

Transfer the patties to a roasting dish or oven tray and lay a slice or two of cheese on top of each one. Cook under the grill for a minute or so until the cheese starts to melt over the patties.

Secret sauce: To make the secret sauce, combine all the ingredients and season as required.

To assemble: Spread the bottom bun with a dollop of sauce, place a patty on top then add the lettuce leaves and slices of red onion.

The Ultimate Kiwi Lamb Burger

PREPARATION TIME 30 MINS COOKING TIME 15 MINS

Patties

600g Quality Mark lean lamb mince
½ large onion, very finely chopped
1 clove garlic, crushed
1 egg, lightly beaten
1 slice wholemeal toast bread, crusts removed, soaked in 2 tablespoons milk
½ cup feta, crumbled
½ cup mint leaves, chopped
1 tablespoon rosemary leaves, finely chopped
1 tablespoon tomato paste
1 tablespoon oil
Zest of 1 lemon

To serve

4-5 burger buns, halved
Tomato relish or sauce
Lettuce leaves
Tinned beetroot
1 red onion, very finely sliced
4 eggs, fried
2-3 ripe tomatoes, sliced
½ cup aioli or mayonnaise mixed with ½ cup finely chopped basil

Patties: Place all the patty ingredients in a bowl, season and combine. Shape into 4-5 patties, cover and refrigerate for 15 minutes.

Preheat a BBQ or frying pan to a medium heat. Brush the patties with a little oil and cook for a few minutes until crunchy and brown on one side. Turn the patties over, reduce the heat to medium-low and cook for another 8-10 minutes until cooked through.

To assemble: Everyone can assemble their own burgers with the fillings and don't forget to give the burger a good press down with your palm before you attempt to eat it.



Mexican Beef Sliders

Cheeseburger

Kiwi Lamb Burger



Balsamic Glazed Lamb Salad

SERVES 5-6 PREPARATION TIME 20 MINS COOKING TIME 35 MINS

This dish is a wonderful example of a beautiful array of flavours and textures. If you can't find pomegranates, use chopped ripe strawberries instead; they go wonderfully with the balsamic vinegar. Some people don't like the idea of fruit with lamb, but I've always used strawberries in my salads and I think they're perfect. If you have an avocado, it'd also be a welcome addition to this salad.

Lamb

3 Quality Mark lamb rumps

Glaze

1 cup balsamic vinegar
2 cloves garlic, crushed
2 teaspoons brown sugar
1 stick fresh rosemary leaves, roughly chopped
½ teaspoon salt

Salad

3 cups baby spinach leaves
Seeds from 1 pomegranate (see tips)
1 bunch asparagus, ends snapped off and chopped into thirds
1 red onion, thinly sliced
3 large orange kumara, peeled, chopped and steamed or roasted
200g haloumi cheese, sliced then cut into triangles
1 punnet cherry tomatoes, halved
¾ cup pine nuts and/or pistachios lightly toasted

Vinaigrette

¼ cup oil
2 tablespoons red or white wine vinegar
1 clove garlic, crushed
1 cup basil leaves, very finely chopped



"Not only do I love the colours and flavours in this salad, it's a great way to serve lamb especially on a hot summer night."

Lisa Carrington

Preheat the oven to 210°C.

Glaze: Add all the glaze ingredients to a small saucepan and simmer to reduce by half (this should take around 15 minutes) Set aside to cool down and slightly thicken.

Lamb: Pat the lamb rumps dry, rub with a little oil and season. Heat a frying pan or BBQ over a high heat and sear the lamb for a couple of minutes to brown all over. If you leave the fat on, leave it a little longer on that side to render and get crispy.

Place the lamb on a plate and coat all over with the balsamic glaze. Transfer to an oven dish lined with tinfoil, spoon a little more balsamic glaze over top and finish cooking in the oven for 12-15 minutes depending on how you like it done. Remove from the oven, spoon a little more glaze over top, cover loosely with foil and rest for 10-15 minutes before slicing thinly across the grain.

Salad: Add a dash of oil to a frying pan and bring to a high heat. Fry the cooked kumara pieces for a few minutes until golden. Set aside, add the asparagus to the pan with another dash of oil and a squeeze of lemon juice, and cook until tender. Season as required.

Only just before serving, cook the haloumi in the pan. Brush the slices with a little oil and fry over medium-high heat for a minute or two each side until crispy and golden.

Vinaigrette: Whisk the ingredients together until combined. Season as required.

To serve: Toss the lamb with the baby spinach, pomegranate seeds, asparagus, red onion, kumara, tomatoes and half the nuts in a bowl with half the vinaigrette. Arrange on plates or a platter and add the haloumi. Sprinkle with toasted nuts and drizzle with a little more vinaigrette or balsamic glaze if you like. Season with salt and pepper before serving.

Suggested cuts

The following cuts work well in this recipe.



Lamb rump



Lamb leg steak



Butterflied lamb leg

Tips & tricks

- + One lamb rump will serve two people in a robust salad like this.
- + Don't omit the tinfoil from the roasting dish – the baked-on glaze is a tricky one to clean up!
- + To get seeds out of a pomegranate without crushing them and making a big mess, avoid digging them out with a spoon. Cut the pomegranate in half, then using your fingers, snap the pieces into quarters. Put the pieces into a big bowl of water and gently rub the seeds off with your thumbs. The papery membrane will float to the top and the jewels will sink. Give them a good mix to ensure all the membrane is separated, then tip off the water and you're left with the beautiful fruit at the bottom.





Melting Mediterranean Lamb Rolls

SERVES 4-6 PREPARATION TIME 10 MINS COOKING TIME 10-15 MINS

Lamb rolls

- 12 Quality Mark lamb schnitzels (or use 6-7 beef)
- 150g piece of mozzarella, sliced
- 1-2 marinated red capsicums, sliced
- 1 red onion, finely sliced
- ¾ cup pistachio nuts, roughly chopped
- ¾ cup prunes, halved
- 1 cup fresh coriander leaves
- Zest of 2 lemons
- 1 tablespoon ground cumin

To serve

- Chopped fresh coriander
- Juice of one lemon

Lamb: Lay a schnitzel out on a clean chopping board. If you are using beef schnitzels, you may want to cut them in half so you have two pieces to roll up. If your schnitzels are quite thick, bang them out thinner with a rolling pin or meat mallet to make them larger – the thinner they are the better, as you have more area for rolling.

Near one edge of a piece of schnitzel, place a slice of cheese, a slice of capsicum, a few pieces of onion, a few pistachios, half a prune, a few coriander leaves, a sprinkle of lemon zest and a pinch of cumin. Season with salt and pepper and roll up carefully. Secure the roll with a toothpick or bamboo skewer by threading it through the meat a couple of times where it joins. Repeat for the remainder of the schnitzels.

Brush the rolls all over with a little oil and season with salt and pepper as required. Place on a hot BBQ grill or in a frying pan on a high heat, turning every couple of minutes to brown evenly. It will take about 10 minutes for the lamb or beef rolls to cook through.

To serve: Remove from the heat, sprinkle with fresh coriander, a squeeze of lemon and a dash of oil. I'd serve these with garlic pita breads (see tip on opposite page) and a fresh green salad.



Tips & tricks

- + The meat will shrink when it cooks and pull everything together, so don't worry if the rolls seem a little fragile. A little bit of filling sticking out the ends adds to the charm.
- + Make sure your BBQ grill or pan is very hot before you place the rolls on to avoid stewing the meat.
- + Soak the skewers in water for 5 minutes before barbecuing to prevent them burning.
- + If you want to try something a little special, you can add chopped marinated artichoke hearts or olives into the mix.

Suggested cuts

The following cuts work well in this recipe.



Lamb schnitzel



Beef schnitzel



Seared Steak with Summer Spaghetti

SERVES 4-5 PREPARATION TIME 15 MINS COOKING TIME 15 MINS

- 500g Quality Mark sirloin steak, trimmed
- 2 cups baby spinach or rocket
- 1 punnet cherry or grape tomatoes, halved
- ½ cup basil pesto
- Zest of 1 lemon
- ½ cup basil leaves, torn
- ½ cup parsley, finely chopped
- ½ cup feta, crumbled

To serve

- Cooked spaghetti
- ½ cup chopped microherbs or chives

Pat the steak dry, drizzle with a little oil and season with salt and pepper. Heat a frying pan or BBQ grill over a high heat before adding the steaks. For medium rare cook for 3-4 minutes until the underside is browned and crunchy. Turn the steaks over and cook for another 3-4 minutes or until cooked to your liking. Set aside on a warmed plate, cover loosely with foil and rest for 5-6 minutes before slicing across the grain.

To serve: Stir the steak, spinach, tomatoes, pesto, lemon zest, herbs and feta through the hot, cooked pasta just before serving. If you like, add a splash of balsamic vinegar or a squeeze of lemon juice.

Top with another sprinkle of feta and the microherbs or chives. Serve with a side of garlic bread if you wish (see tips).

Suggested cuts

The following cuts will work well in this recipe.



Beef sirloin steak



Beef eye fillet



Beef scotch fillet

Tips & tricks

- + Take covered steaks out of the fridge 30 minutes before frying to ensure they cook evenly.
- + The thicker the steak, the better. Sometimes it's worth talking to your butcher and requesting a thick cut. You'll need to cook it for longer, but try not to turn it more than once. For thick cuts, turn the heat down to medium after both sides are browned so it doesn't burn before it's cooked through.
- + Using a heavy-based frying pan helps the steak caramelize as it holds the heat better.
- + Trimmed of fat, sirloin steak meets the Heart Foundation Tick of Approval, having less than 4% saturated fat.
- + To make crunchy garlic bread, halve a loaf of ciabatta lengthways. Mix 50g softened butter with ¼ cup vegetable oil, 4 crushed garlic cloves, ½ cup finely chopped parsley and ½ teaspoon salt. Spread half the garlic butter on the top and half on the bottom of the bread. Wrap in foil and bake in a 210°C oven for 15 minutes.
- + If you don't have feta, stir though ½ cup freshly grated Parmesan at the end instead.



"Summer means BBQ's! This meal is perfect for enjoying outdoors, with steaks straight from the hot plate - enjoy."

Sophie Pascoe

Marinated Roast Lamb with Fresh Mint Topping

SERVES 6-8 PREPARATION TIME 20 MINS + MARINATING COOKING TIME 2 HOURS + RESTING

There's no better time to treat your family with this superb cut than the festive season - and this recipe was designed with festivity in mind. I wanted a visual feast as well as a delicious one, and I think this hits the mark. With lots of fresh flavours added to the mix it'll be a meal like no other.

Lamb

- 1 Quality Mark whole lamb leg, bone in
- 1 bag French (or pickling) onions, peeled
- 2 cups chicken stock (for the gravy)
- ¼ cup flour (for the gravy)

Marinade

- 5 cloves garlic, crushed
- 2 tablespoons Dijon mustard
- 3 anchovy fillets, finely chopped
- ½ cup fresh rosemary, finely chopped
- 2 tablespoons dried marjoram
- 2 tablespoons lemon zest
- 2 tablespoons butter, softened
- 2 tablespoons lemon juice
- 3 tablespoons oil

Fresh mint topping

- ¾ cup crème fraîche
- 1 bunch or 25g packet fresh mint leaves, very finely chopped
- 1 bunch fresh tarragon, very finely chopped (optional)
- 1 clove garlic, crushed
- 1 tablespoon oil
- 1 tablespoon white wine vinegar

Garnish

- 2 spring onions (green ends only), cut into very thin strips approx. 8 cm long
- 1 bunch fresh mint leaves

Preparation: Place the lamb leg fat-side up on a clean chopping board and pat dry with a paper towel. Using a sharp knife, make a series of shallow cuts into the lamb, a few centimetres apart. Combine the marinade ingredients together and spread over the lamb, rubbing it into the cuts. Wrap the lamb in cling film and refrigerate, preferably overnight or for at least 2 hours.

Lamb: Remove the marinated lamb from the fridge 30 minutes before cooking. Preheat the oven to 180°C. Place the lamb in a roasting dish fat side up and season. Transfer to the oven and bake uncovered for 25-30 minutes per 500g for medium. Baste occasionally.

With 1 hour remaining, add the onions to the roasting dish. Turn them over once while cooking. Remove from the oven, transfer the lamb and onions to a warm plate and cover loosely with foil. Leave to rest for 20-30 minutes.

Fresh mint topping: Combine all ingredients in a food processor or mortar and pestle and mix well.

Spring onion and mint garnish: Submerge sliced spring onions in a bowl filled with lots of ice and water to make them curl up. Add the mint leaves. Leave in the fridge covered, for at least an hour. Drain and rest on paper towels.

Gravy: To make a rich gravy, discard the fat from the lamb roasting dish, leaving the meat juices. Combine the flour with ½ cup water and add to the roasting dish, with remaining meat juices, on the stovetop over a medium heat. Add chicken stock, stirring all the time with a wooden spoon, for about 5-10 minutes until thickened. Make sure you scrape all the caramelised meat juices and onion off the bottom to add flavour.

To serve: Place the rested lamb on a platter or board and spread with the fresh mint topping. Garnish with the spring onions and mint. Arrange the onions around the lamb. Serve with the gravy, roast potatoes (see recipes.co.nz for the potato recipe) and your choice of a salad or vegetables.

Suggested cuts

The following cuts work well in this recipe. See recipes.co.nz for cooking times.



Whole lamb leg



Carvery lamb leg



Butterfly lamb leg

Tips & tricks

- + Making small cuts in the lamb helps the flavour of the marinade permeate the meat.
- + If you prefer your lamb well-done, roast for 30-35 minutes per 500g.
- + Leftover lamb is lovely the next day, heated and served on soft fresh bread with leftover vegetables.
- + The thinner you slice the spring onion, the better they curl up. You can also add microgreens to the garnish mix if you have them available - they add great flavour.



Scan to watch how to cook the perfect roast lamb

