



# Yummy things to do with mince

**1** Spread onto Turkish bread leaving a little lip around the edges. Place some wilted spinach on top of the mince then break 3-4 eggs on the top. Break the yolks with a fork, sprinkle with sea salt and freshly ground black pepper and bake in the oven until the eggs are cooked on top. Serve alongside a green salad topped with a little yoghurt.

**2** Serve on toasted ciabatta bread, topped with some crispy bacon and a poached egg.

**3** Serve as a filling for tacos adding grated cheese, shredded lettuce and tomatoes to the top.

**4** Simply place in a pie dish topped with some puff pastry and bake in a hot oven and serve as a pie.

**5** Once again place in a pie dish and top with sliced, cooked potato, sliced onion, drizzle with butter and bake in the oven (or simply top with creamy mash, sprinkle with cheese and bake in the oven).

# Slowly braised lamb croquettes



## Ingredients

- 1.5kg diced lamb shoulder meat
- 2 tbsp olive oil
- 1 tbsp sugar
- Freshly ground sea salt to taste
- Freshly ground black pepper to taste
- 3 tbsp flour
- 1 litre stock
- ½ cup white wine
- ½ cup tomato puree
- 2 sprigs fresh thyme
- 2 bay leaves
- 4 peeled and diced carrots
- 4 peeled and roughly diced
- ½ swede, peeled and roughly diced

## Method

### For the braised lamb

1. Pre heat your oven to 180°C
2. Place the meat in a bowl and mix through the flour, salt, pepper and sugar.
3. Now place the meat in a cheese cloth bag and place into a roasting dish.
4. Mix the tomato puree, white wine and stock together and pour into the roasting pan.
5. Now add the chopped vegetables to the roasting pan and the fresh herbs.
6. Cover the pan with tinfoil and place in the oven and allow to braise for two hours.
7. Remove the pan from the oven and remove the meat from the cooking bag and place into a heavy based saucepan. Cover and allow to rest.
8. Strain the cooking liquid into a second heavy based pan and bring to simmer. Simmer for 5 minutes; adjust the seasoning to taste and check the consistency. If it seems too thick add a little more stock, if too thin continue to reduce or thicken with a little corn flour slurry.
9. Now pour the finished sauce over the rested meat and mix through.

### For the croquettes

1. Peel, cook and dry mash sufficient kumara for the croquettes.
2. Add sufficient cooked braised lamb and mash together.
3. Check the seasoning and scoop into the shape you prefer. Small for finger foods or larger for a side dish.
4. Place into the fridge to set. Overnight is best.
5. Pass the croquettes through seasoned flour, beaten egg and breadcrumbs.
6. Deep fry as required and serve with a simple tomato sauce.

# French style navarin of lamb with vegetables



## Ingredients

6–8 Quality Mark lamb  
shoulder chops or neck chops

Freshly ground black pepper  
and sea salt for seasoning

½ cup plain flour

1 tbsp butter

2 tbsp tomato paste

½ cup white wine

2 cups real chicken stock

3 fresh sprigs of thyme

1 stick of rosemary

4 cloves garlic peeled  
and chopped

1 x 400g can  
of chopped tomatoes

### *For the Vegetables*

250g baby carrots,  
peeled and chopped

2 spring onions cut into thirds

200g round green beans, trimmed

1 cup peas

300g baby potatoes

## Method

### *For the lamb*

1. Pre-heat your oven to 150°C.
2. Season the lamb with oil, salt and pepper. Place the flour in a bag with the chops and toss to coat.
3. Heat the butter over a high heat in a large ovenproof saucepan or a regular pan then transfer to a casserole dish. Sear the chops a few at a time to brown them on both sides. Set the chops aside.
4. Add the tomato paste to the pan and cook for a few minutes over a high heat. Add the wine and let it bubble for 30 seconds.
5. Add the stock, thyme, rosemary, garlic and the tomatoes.
6. Transfer to an ovenproof dish, cover and cook in the oven for 2 ½ hours or transfer to a slow cooker and cook on low for 6–8 hours.

### *For the vegetables*

Simply steam the vegetables until tender, adding a little oil, salt and pepper once completed then toss to coat.

# Boneless lamb loin salad

For 4 portions



## Ingredients

### *For the lamb*

4 boneless lamb loin fillets

1 tbsp olive oil

Sea salt and freshly ground black pepper

### *For the salad*

1 good sized Nashi pear peeled  
and sliced in 8 pieces

70g roasted shelled hazelnuts

½ cup radish spouts

150g mesculin salad mix

4 red radishes cut into matchsticks

200g haloumi cheese sliced and grilled

Ginger dressing to dress

### *For the dressing*

750ml of sauterne—reduced to 500mls

100g whole grain mustard

100g preserved crystallised ginger

2 tbsp mirin

100g unsalted butter

Sea salt and freshly ground  
black pepper to taste

## Method

### *For the lamb*

1. Remove the lamb from the refrigerator one hour before cooking.
2. Place the lamb in a bowl and toss with the oil and seasoning.
3. Heat a heavy based cast iron pan until almost smoking and add the lamb.
4. Cook for two minutes on each side and remove the lamb to rest for five minutes

### *For the salad*

1. Toss the salad ingredients lightly and place into 4 serving dishes.
2. Dress with the dressing.
3. Slice the rested lamb and place on the salad and serve.

### *For the dressing*

1. Lightly warm the sauterne, mustard, ginger and mirin then whisk in the butter.
2. Season with the salt and pepper and remove from the heat.



