



Balsamic Glazed Lamb Salad

INTRODUCTION

Understanding methods for cooking New Zealand lamb is crucial to ensure you get the most out of your meat. This leaflet takes you through the five most popular cooking methods of **roasting**, **barbecuing**, **casseroling**, **pan-frying** and **stir-frying**.

You'll also find handy tools and tips for getting the best results from your lamb, including which cuts are most suited to each method.

To put your new skills into practice, visit recipes.co.nz where you'll find hundreds of lamb recipes for every occasion.

ROAST

Remove meat from the refrigerator about 30 minutes before cooking. Trim any excess fat and silverskin if necessary and weigh to calculate cooking time using table below. Preheat oven to 160 - 170°C (slow roast) or 220°C (fast roast). Place meat, fat side up, on a rack in a roasting dish (if fast roasting, brown meat all over in a little oil in a frying pan first). Cook for calculated time, basting occasionally. Remove from oven and cover with foil. Rest in a warm place for 10-20 minutes before carving across the grain.

SUITABLE CUTS FOR SLOW ROASTING:

Leg, shoulder, mid-loin.

SUITABLE CUTS FOR FAST ROASTING:

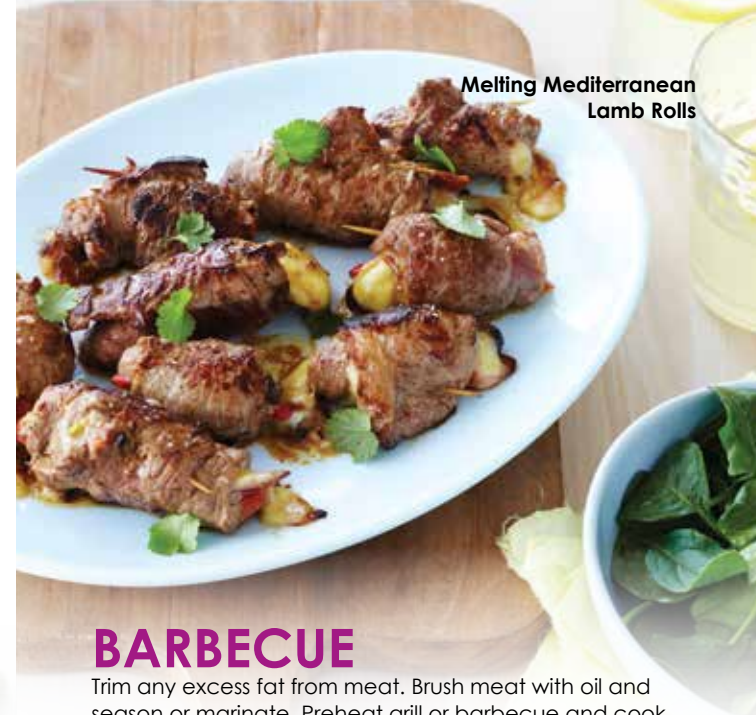
rack, striploin, rump, topside, silverside, thick flank.

COOKING TIMES

Degree of cooking	Fast Roast	Slow Roast	Internal temperature of cooked meat
	Minutes per 500g	Minutes per 500g	
Rare	15-20	20-25	50°C
Medium	20-25	25-30	65°C
Well Done	25-30	30-35	75°C



Marinated Roast Lamb with Fresh Mint Topping



Melting Mediterranean Lamb Rolls

BARBECUE

Trim any excess fat from meat. Brush meat with oil and season or marinate. Preheat grill or barbecue and cook using the guide below. For kebabs, thread meat onto metal or soaked skewers before cooking under the grill or on the barbecue, until well browned and cooked to your liking. Rest 1 minute per 100g of meat before serving.

HOW DO I KNOW WHEN THE STEAKS ARE READY?

	Minutes per side	Internal description	Touch test
Rare	2	Red colour, moist, red juices	Very soft
Medium Rare	3-4	Lighter red colour, moist pink juices	Soft and springy
Medium	4-6	Pink colour, moist, clear to pink juices	Firm and springy
Well Done	2-4 reduce heat, then 4-6	Stone gray colour, dry, no sign of pink juices	Very firm

TIPS FOR TOP RESULTS

- Oil the meat, not the barbecue or grill. This stops meat sticking and the oil burning on the hotplate.
- Season at the last minute, before cooking.
- Use tongs to turn meat, rather than a barbecue fork, to avoid juices escaping.
- Allow lamb to rest after cooking for a tender, juicy result.

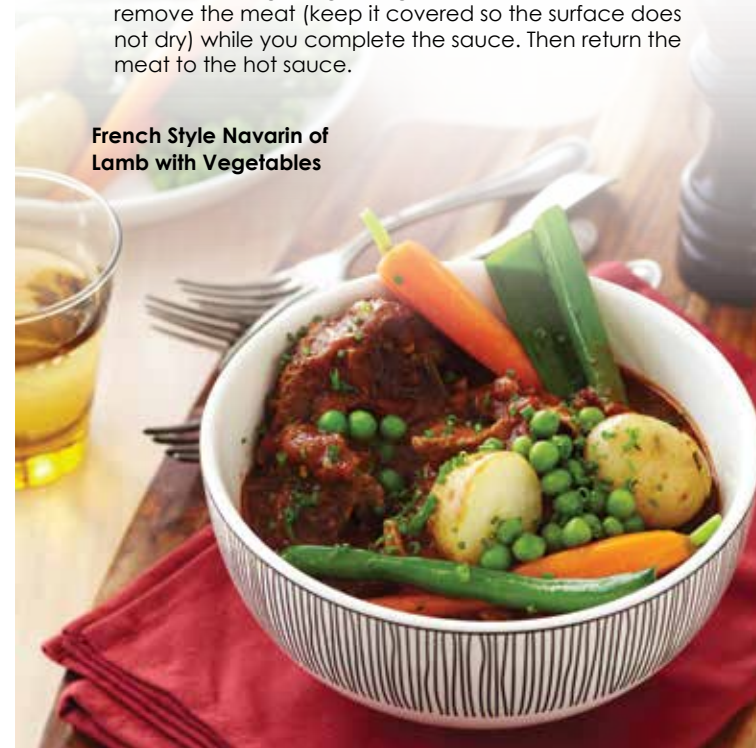
CASSEROLE

Cut meat into cubes, coat with flour and brown in a frying pan over a high heat. Transfer to a casserole dish. Add cubed seasonal vegetables. Remove excess fat from pan and add stock or liquid, stir well then pour over meat and vegetables. Liquid should almost cover meat. Cover dish tightly and cook in a preheated oven or slow cooker according to the recipe.

If using a slow cooker, follow the above steps but do not add as much liquid (water, stock, wine). Generally, 1 cup of liquid is usually sufficient for cooking with 1kg of meat. More liquid will be required if rice, pasta or dumplings are added.

TIPS FOR TOP RESULTS

- Economical cuts of lamb such as neck chops, shoulder chops, leg chops or shanks will cook to perfection in a casserole/slow cooker.
- Browning meat first not only improves colour but also develops flavour.
- A tight-fitting lid holds in the steam that helps to soften the connective tissue, making the meat more tender.
- Over-cooking can make meat dry and stringy. Cook until just tender and check at intervals for readiness.
- If the meat is ready but the cooking liquid has not reduced enough to give a good sauce consistency, remove the meat (keep it covered so the surface does not dry) while you complete the sauce. Then return the meat to the hot sauce.



French Style Navarin of Lamb with Vegetables

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PAN-FRY

Preheat a heavy-based frying pan. Oil the meat, then add to the pan (meat should sizzle). Keep the heat moderately high; this should be enough to keep the meat sizzling without burning. Cook one side until the first sign of moisture appears on the upper side, turn and cook the other side. Turn once only. Test for doneness with tongs. Rare is soft when pressed, medium is springy and well done is very firm. Rest the meat for a few minutes before serving.

TIPS FOR TOP RESULTS

- For even cooking, ensure meat is of even thickness.
- Pat meat dry with a paper towel before frying. Wet meat will not brown well.
- Coat with flour or flour/spice mixture immediately before cooking. Some other coatings are cornflour, pea flour, beaten egg or egg whites and breadcrumbs.
- Heat oil before adding the meat. It should shimmer, not smoke. If oil is too cool, the meat can absorb it and will not brown quickly enough.



Lamb Chops with Salsa Verde & Lemon Rice

STIR-FRY

Cut meat across the grain into strips of even thickness. Coat the meat in oil instead of adding a little oil to the wok. Ensure the wok is hot before you begin to cook meat to prevent stewing. It should be hot enough to evaporate a bead of water on contact. Cook meat in small batches (about 1 cup at a time). When you add the meat to the wok, work from the outer side to the centre, where it will be hottest. Set meat aside and return to the pan with sauces once vegetables are cooked. Stir-fry only to combine - do not reheat meat for too long or it will toughen.

TIPS FOR TOP RESULTS

- Drain any excess liquid or marinade from the meat before cooking, otherwise the marinade will burn.
- Be careful not to over crowd the wok or frying pan. Stir-fry in batches so the meat cooks evenly and quickly and doesn't stew.



Stir-fried Chilli Lamb and Broccolini

HOW TO COOK PERFECT MINCE

Browning mince is essential to bring out flavour and colour. To ensure it doesn't stew, cook in batches.

TIPS FOR TOP RESULTS

- Add a dash of oil to a hot pan and then add mince.
- Stir to ensure the mince browns evenly and does not stick to the pan.
- If it begins to stew and water gathers in the bottom of the pan, the mince will taste like it has been boiled. Take the mince from the heat and strain away the liquid. Reheat the pan with a further dash of oil and return the drained mince to the pan to begin the browning process again. Your final dish will have more flavour and a nicer colour.

Moroccan Meatball Feast



CUTS AND COOKING METHODS AT A GLANCE

This guide provides information on which methods are best suited to each cut.

- Roast
- Pan-fry
- Barbecue
- Stir-fry
- Casserole



Knuckle



Lamb Shank



Leg



Loin Chops



Leg Steaks



Neck Chop



Rack



Rump



Diced Lamb



Mince



Shoulder



Carvery Leg



Shoulder Chops



Spare Ribs



Schnitzel



Backstrap



Butterflied Leg

COOKING WITH LAMB



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