

COOKING WITH LAMB

# SOUTH AFRICA'S FAVOURITE FLAVOURS



Developed by Prof Gerrie Du Rand Photos: Michelle Parkin

# BOBOTIE FLAVOURED LAMB RIBLET ROLLS

with Mrs Ball Chutney



## RIBLET ROLLS

800 g (9-10) Lamb riblets  
1 roll Frozen puff pastry  
¼ cup (20g) Flaked almonds  
1 Egg, lightly beaten  
½ cup Mrs Balls fruit chutney  
to serve with

## MARINADE

1 tbsp. Olive oil  
2 medium Onions, chopped  
1 clove Garlic, crushed  
½ tsp. Fresh ginger, finely chopped  
1 Apple, peeled and grated  
2 tsp. Curry powder  
1 tsp. Ground coriander  
1 tsp. Turmeric  
½ tsp. Cinnamon  
¼ tsp. Cayenne pepper  
½ tsp. Mixed herbs  
1 cup Apple cider vinegar  
½ cup Apricot jam  
2 Bay leaves or lemon leaves  
¼ cup Raisins  
1 Apple, peeled and grated  
¼ cup Breadcrumbs, soft  
1 tsp. Salt  
¼ tsp. Freshly ground black pepper



## METHOD

1. Preboil the riblets before placing them in the marinade to tenderise the meat and make it easier to debone the riblets. Place the riblets in a saucepan, cover with water and bring to the boil, turn the stove to low and simmer for 15-20 minutes before placing in the marinade.
2. Pre-heat the oven to 180°C.

## PREPARE THE MARINADE:

1. Heat the olive oil in a large pan add the onions and fry until soft and golden. Add the garlic, ginger and apple and stir-fry for a minute. Add the curry powder, coriander, turmeric, cinnamon, cayenne pepper and mixed herbs and stir-fry for 2-3 minutes. Add the vinegar, apricot jam, bay leaves, raisins, apple and breadcrumbs, salt and pepper and mix well.

## PREPARE THE RIBLETS:

1. Place the boiled riblets in the marinade sauce in an oven casserole dish, pour over the marinade. Cover and cook for 1 ½ hours in the pre-heated oven until tender.
2. Remove from the oven and leave to cool. Remove the bones from the riblets and shred the meat mixing the meat with the marinade and sauce. Leave to cool.

## PREPARE THE ROLLS:

1. Preheat the oven to 220°C. Line a lightly greased large baking tray with baking paper. Cut the pastry into 4 rectangles of 13.5cm x 18cm and place them on the tray.
2. Divide the meat mixture into 4 equal portions. Place the lamb mixture down the center of each pastry rectangle. Brush the long ends of the pastry with the beaten egg and roll to enclose the filling leaving the ends open.
3. Turn the roll, seam-side down, onto the trays. Score the tops with a sharp knife and brush with the remaining egg. Sprinkle flaked almonds on top.
4. Cut each roll into 4 to 6 smaller rolls to create mini rolls.
5. Bake for 25 minutes until the pastry is golden and cooked through. Allow to cool slightly. Serve with Mrs Balls chutney.





# GRILLED LAMB CHOPS

with a biltong spice rub

## BILTONG RUB

- 2 tbsp Coriander seeds, crushed
- 2 tsp Coarse salt
- 1 tsp Freshly ground pepper
- 1 tsp Brown sugar
- 1 tbsp Olive oil
- 1 tbsp Lemon juice

## CHOPS

- 750g (8 chops) Lamb rib chops, trimmed
- 1 tbsp Red wine vinegar
- 1 tsp Worcestershire sauce
- 1 tbsp Olive oil

## METHOD

1. Preheat the oven to 200°C
2. Mix the crushed coriander seeds, salt, pepper, and brown sugar together. Use a mortar and pestle or place ingredients in a small plastic bag and crush using a rolling pin. Mix the rub with the olive oil and lemon juice to make a paste.
3. Blend the vinegar and Worcestershire sauce. Rub the lamb chops with the vinegar blend and leave for 10 minutes.
4. Rub the chops with the olive oil and roll in the biltong rub/paste, then roast at 200°C on an oven rack in a roasting pan for 15–20 minutes. Chops can also be prepared on the barbeque.
5. Serve with lemon and a medley of green vegetables.





# LAMB MEATLOAF

with wheat and dried fruit stuffing and apricot jam glaze

## STUFFING

2 tbsp. Butter  
1 cup Mushrooms, chopped  
1 cup Cooked Pearled Whole Wheat (Stampkoring)  
2 Spring onions, chopped  
½ cup Peaches (dried), soaked and chopped into small pieces  
½ cup Dates, chopped  
2 tbsp. Maize meal  
1 Lemon, juice and zest  
½ tsp. Salt  
¼ tsp. Pepper

## MEATLOAF

1 tbsp. Olive oil  
1 large Onion, finely chopped  
2 cloves Garlic, minced  
2 cups Breadcrumbs, soft  
¼ cup (60ml) Milk  
1 tbsp. Dijon Mustard  
2 Eggs, lightly beaten  
½ cup Pecorino cheese, finely grated  
2 tbsp. Rosemary, finely chopped

## GLAZE

½ cup Apricot jam, smooth  
¼ cup Tomato sauce  
2 tbsp. Red wine vinegar



## METHOD

### PREPARE THE STUFFING:

1. Melt the butter in a pan, add the chopped mushrooms and fry over medium heat until soft.
2. Add the cooked pearled wheat, spring onion, chopped peaches, dates, maize meal, lemon juice and zest and seasoning. Mix well and leave stuffing to cool down.

### PREPARE THE GLAZE

1. Heat the glaze ingredients together and keep aside until meatloaf is cooked.

### PREPARE THE MEATLOAF:

1. Preheat oven to 180°C. Heat the oil in a non-stick frying pan over medium heat. Add the onion and garlic and cook for 5–7 minutes or until softened. Allow to cool completely.
2. Line a 35 x 25 x 2 cm baking tray with baking paper. Set aside.
3. Place the breadcrumbs and milk in a large bowl and set aside for 5 minutes or until the milk is absorbed. Add the onion mixture, mustard, eggs, cheese, rosemary, parsley, thyme, Worcestershire sauce, lemon juice and zest, lamb mince, salt and pepper and mix well to combine. Do not overmix.
4. On large sheet of plastic wrap, shape beef mixture into 30 x 25 cm rectangle. Top evenly with the cooled pearled wheat stuffing to within 1, 5 cm from the edges. Press the stuffing down gently to adhere to the meatloaf. Use the plastic wrap to help you raise the edge of the rectangle and begin to roll the meatloaf over on itself.
5. Starting with one 25 cm side, roll up into a bread shape loaf. Do this as tightly as possible without breaking the meatloaf. Press the end of the meatloaf to seal the edge. Place in refrigerator to chill for an hour to help keep the shape of the meatloaf (optional).
6. Prepare a sheet of foil to big enough to roll the meatloaf in. Place the meatloaf seam side down using the plastic wrap to carefully pick it up and place it on the sheet of foil.
7. Fold the edges of the foil together over the meatloaf to create a sealed package.
8. Bake 40 minutes. Remove from oven; spoon the glaze over loaf. Return to oven, bake 15 to 20 minutes longer or until loaf is thoroughly cooked in center. Let stand 10 minutes before removing from the foil and slicing.
9. Serve with green beans or a fresh salad.





# LAMB MINCE POT PIE

with cornbread topping



## POT PIE FILLING

1 tbsp. Olive oil  
1 medium Onion, chopped  
2 cloves Garlic, crushed  
1 medium Carrot, peeled and finely chopped  
1 stick Celery, finely sliced  
800 g Lamb mince  
1 cup (250 ml) Tomato puree

4 tbsp. Mango chutney/  
chakalaka chutney  
½ cup Fresh mint, chopped  
1 tsp. Salt  
½ tsp. Black Pepper

## TOPPING

2 cups Maize (corn) meal  
2 cups Cake Flour  
3 tbsp. Sugar  
4 tsp. Baking Powder  
1 tsp. Turmeric  
½ tsp. Chilli flakes  
1 tsp. Salt  
1 cup Buttermilk /amasi  
3 Eggs. large  
2 tbsp. Butter, melted /oil  
1 cup Kernel corn  
1 tin (410g) Sweet corn  
¼ cup Parsley, chopped

## METHOD

### PREPARE THE FILLING:

1. Preheat the oven to 200°C. Heat the oil in a heavy-based pan (with a lid) over high heat. Add the onion, garlic, carrot, celery and cook for 5 minutes or until softened.
2. Add the mince and cook breaking up any lumps with a wooden spoon, for 5 minutes or until browned.
3. Add the tomato puree, mango chutney, chopped mint, salt and pepper and cook a further 5 minutes. Add the chicken stock and simmer over medium heat for about 25 minutes, stirring once or twice to prevent it catching on the bottom of the saucepan and liquid is reduced.

### PREPARE THE TOPPING:

1. In a mixing bowl, combine the maize meal, flour, sugar, baking powder, turmeric, chili flakes and salt. Use a hand whisk to mix the dry ingredients until thoroughly combined.
2. Whisk together the buttermilk, eggs, and melted butter in a jug, and then stir into the dry ingredients, mixing until just combined. Fold in the corn, sweet corn and chopped parsley.
3. Spread the mixture over the mince mixture in the casserole to cover it in an even layer, it does not matter if some of the mince mixture seeps through.
4. Bake in the oven for 30 minutes or until the cornbread topping is risen and golden and the mince underneath is bubbling. Let it stand for 5 minutes once out of the oven, before cutting into servings. Serve with a helping of the mince underneath.
5. Serve a minty raita on the side.







# PINOTAGE BRAISED LAMB CHOPS

## INGREDIENTS

1 tablespoon Olive oil  
1 Kg (8-10 chops) Lamb loin chops  
1 tsp. Salt  
¼ tsp. Freshly ground pepper  
2 medium Onions, sliced thinly  
2 cloves Garlic, minced  
2 tbsp. Fresh Rosemary, chopped

1 cup Beef stock  
1 ½ cups Pinotage  
½ cup Tomato Sauce  
1 tbsp. Worcestershire sauce  
2 tbsp. Mrs Balls Fruit chutney  
200 g Grapes roasted

## METHOD

1. Preheat the oven to 160°C.
2. Heat the olive oil in a pan over medium heat. Season the lamb chops with salt and pepper. Sear the lamb in the hot oil until browned, 1-2 minutes per side. Remove the chops to a plate to drain and reserve the drippings in the pan.
3. Sauté the onion and garlic over medium heat in the reserved drippings until tender, about 5 minutes.
4. Transfer the drained lamb chops to an ovenproof dish and add the onion mixture. Sprinkle the rosemary over the chops.
5. Mix together the stock, wine, tomato sauce, Worcestershire sauce and chutney. Pour the mixture over the chops in the ovenproof dish. Cover the dish with aluminum foil or lid.
6. Bake in preheated oven for 2 hours.
7. Serve with mashed potato and a selection of vegetables. Roasted grapes can be served as an accompaniment.





# ROASTED LAMB MEATBALLS

with sweet potato wedges and chakalaka sauce



## MEATBALLS

½ cup Maize rice  
1 cup Water  
600 g (4 medium) Yellow sweet potatoes, cut into wedges  
2 tbsp. Olive oil  
800 g Lamb Mince  
1 medium Onion, grated  
2 Eggs  
½ cup Parsley, chopped  
1 tsp. Ground Cumin  
1 tsp. Ground Coriander  
1 tbsp. Thyme, finely chopped or 1 teaspoon dried thyme  
2 tbsp. Balsamic glaze  
4 cloves Garlic, chopped  
Salt  
Freshly ground pepper

## SAUCE

¼ cup Olive oil  
¼ tsp. Chili flakes  
1 tin (410 g) Chakalaka  
½ cup Chicken stock  
2 tbsp. Tomato sauce  
1 tbsp. Chutney  
Salt  
Pepper



## METHOD

### PREPARE THE SAUCE:

In a medium sized pot heat the oil and add the chili flakes. Let it cook for 1 minute. Add the chakalaka, chicken stock, tomato sauce and chutney to the pot. Season with salt and pepper if required and stir to combine. Crush lightly with a fork to break up the vegetables and bring to a boil. Let it simmer for 20 minutes. Keep warm to serve with the meatballs.

### PREPARE THE MEATBALLS:

1. Preheat the oven to 200°C.
2. Rinse the maize rice under cold water to remove the starchiness. Place the maize rice and water in a small saucepan to soak for 20 minutes. Heat and simmer for 10 minutes to soften and water is absorbed.
3. Line a large roasting pan with baking paper. Spray the sheet with non-stick spray. Arrange the sweet potato wedges on the tray and drizzle with olive oil. Bake for 10 minutes.
4. In a large mixing bowl mix the mince, maize rice, onion, eggs, parsley, cumin, Coriander, thyme, balsamic glaze, garlic, salt and pepper to combine.
5. Using wet hands, roll 2 tablespoons at a time into balls. Transfer the balls to a tray and refrigerate for 20 minutes, (optional).
6. Add the meatballs to the sweet potato in the pan. Bake for 25 minutes or until the meatballs are cooked through, and sweet potatoes are golden and tender.
7. Sprinkle the meatballs with fresh coriander and serve with chakalaka sauce.





# ROOIBOS SMOKED RIBLETS

with a beer and amasi dipping sauce



## SMOKING MIX

½ cup Rooibos tea stalks  
½ cup Long grain rice  
2 tbsp. Brown sugar  
1 tbsp. Pepper corns  
2 tbsp. Whole coriander

800g (10-12) Lamb riblets

Fresh rosemary sprigs and  
lemon to serve

## DIPPING SAUCE

¼ cup Beer  
½ cup Amasi / buttermilk  
1 cup Mayonnaise  
1 tsp. Apple cider vinegar  
1 tbsp. Syrup  
½ tsp. Salt  
¼ tsp. Black pepper  
½ tsp. Paprika  
1 tbsp. Fresh flat-leaf  
parsley, chopped

## METHOD

1. Preheat the oven to 180°C. Line the base of a wok with foil. Combine the tea, rice, sugar, peppercorns, and coriander. Spread the mixture over the foil, taking care that the mixture does not come into contact with the wok.
2. Place a wire rack in the wok and place over high heat. Once the mixture starts to smoke, place the riblets on the wire rack and cover tightly with a lid or foil. Smoke the riblets for 15 minutes without lifting the lid.
3. Line a baking tray with foil. Transfer the smoked lamb to the tray and season with salt and freshly ground pepper. Roast for 10–12 minutes for medium or until cooked to your preference.
4. Transfer the riblets to a plate to rest for 5 minutes. Garnish with rosemary sprigs and lemon.
5. While the meat is resting whisk all the beer and amasi dipping sauce ingredients together.
6. Serve the riblets and dipping sauce with roosterkoek or braibroodjies and a seasonal salad.
7. Riblets can also be prepared on the barbeque.





# STICKY RIBLETS

with marmite and honey glaze

## INGREDIENTS

4 tablespoons Honey  
2 tablespoons Balsamic vinegar  
1 tablespoon Marmite  
1 clove Garlic, crushed  
2 tablespoons Tomato sauce  
½ teaspoon Dijon mustard

2 tablespoons Brown sugar  
2 tablespoons Olive oil  
Salt and freshly ground  
pepper to taste  
800 g (10-12) Lamb riblets

## METHOD

1. Mix the honey, balsamic vinegar, marmite, garlic, tomato sauce, mustard, brown sugar and olive oil together and blend well. Taste for seasoning and adjust if required to achieve a sweet and savoury flavour.
2. Marinate the riblets overnight if possible or at least an hour.
3. Pre-heat the oven to 180°C. Arrange the riblets in a single layer on a rack in a roasting pan lined with baking paper.
4. Spoon over half the marinade and bake for 20-25 minutes. Brush with the remaining marinade to form a glaze every 10 minutes. After 40 minutes, increase the temperature to 220°C and allow the ribs to caramalise.
5. Remove from the oven when the ribs are sticky and caramalised.
6. Serve with a coleslaw or green salad of your choice.
7. Riblets can also be prepared on a grill.





# STUFFED LEG OF LAMB CHOPS (spinach, peanuts and feta)

## STUFFING

1 cup (50 g) Spinach leaves, destalked, cleaned and blanched  
2 tbsp. Peanuts, unsalted, lightly toasted and roughly chopped  
1 tbsp. Crunchy peanut butter  
1 round (70 g) Feta Cheese, crumbled  
1 clove Garlic, finely chopped  
Salt  
Freshly ground pepper

## CHOPS

4 Leg of Lamb chops  
1 tbsp. Olive oil  
Salt  
Freshly ground pepper  
1 tsp. Braai spice (optional)  
½ cup Balsamic vinegar  
2 tsp. Brown sugar  
Baby vine tomatoes to serve (optional)

## METHOD

1. Preheat the oven to 180°C.
2. Combine the spinach, peanuts, feta and garlic, mix until well blended and a coarse paste is formed. A stick blender can be used. Season with salt and pepper. Refrigerate while preparing the meat.
3. Cut a pocket into each chop by making an incision around the bone.
4. Using a spoon fill each chop with the stuffing mixture, not too much as the pocket must stay closed whilst pan searing.
5. Rub the chops with a small amount of the olive oil and season with salt and pepper and braai spice if preferred.
6. Heat a large non-stick pan until sizzling hot. Place the chops in the pan and sear 2 minutes on each side. Place on a pre-heated oven tray and roast for 10 minutes until cooked.
6. Add vinegar, sugar, and pan drippings to pan in which the chops were seared and simmer until reduced by half.
7. Serve chops drizzled with vinegar reduction and baby vine tomatoes and a pilaf on the side.

