

LAMB & MUTTON SOUTH AFRICA

# *Favourite Lamb Recipes*

SKAAPVLEIS SUID-AFRIKA

# *Gunsteling Skaapvleisresepte*



# Introduction

There are many delicious ways to enjoy South African lamb and mutton! Good quality South African lamb and mutton is available at butchers, supermarkets and other food retailers around the country. Lamb and mutton can also be purchased from farm shops or directly from farmers.

## Tips to make your meat go further

- ✓ Cook cheaper cuts at home without sacrificing taste or quality, by choosing the best cooking method.
- ✓ Moist heat cooking methods are best suited for cheaper cuts such as shoulder.
- ✓ Look out for specials.
- ✓ If you have a freezer, buy in bulk and repack at home and freeze in smaller portions.
- ✓ Beans, peas and lentils are inexpensive and can make your meal go further.

## Storing meat in the fridge

- ✓ Red meat will keep for between three to five days in the fridge at a temperature between 0°C and 4°C.
- ✓ Wrap larger cuts or joints in aluminium foil or grease-proof paper and place in a large dish or container.
- ✓ Any meat packs purchased at supermarkets in sealed containers are best left intact, but follow the 'use-by' dates on the packaging.

## Storing meat in the freezer

- ✓ Frozen lamb and mutton will keep for up to 6 months at -18°C.
- ✓ Freeze smaller lamb cuts individually, separated by wax or greaseproof paper before wrapping tightly in freezer bags for protection – you'll find it much easier to separate your chops before defrosting!
- ✓ Defrost lamb in the fridge overnight.

# Inleiding

Suid-Afrikaanse skaapvleis kan op vele smullekker maniere gaargemaak word! Suid-Afrikaanse skaapvleis van goeie gehalte is beskikbaar by slaghuise, supermarkte en ander voedsel kleinhandelaars landswyd. Lams- en skaapvleis kan ook by plaaswinkels regstreeks van boere gekoop word.

## Rek jou vleis met dié slim wenke

- ✓ Maak goedkoper snitte tuis gaar en behou smaak en gehalte deur die mees gepaste gaarmaakmetode te kies.
- ✓ Klam gaarmaakmetodes met vogtige hitte is die beste vir meer bekostigbare snitte soos blad of skenkels.
- ✓ Wees op die uitkyk vir spesiale aanbiedings.
- ✓ As jy 'n vrieskas het, koop grootmaat en herverpak die vleis tuis in kleiner porsies.
- ✓ Bone, ertjies en lensies is meer bekostigbaar en kan jou maaltyd rek.

## Bêre vleis só in die yskas

- ✓ Rooivleis sal drie tot vyf dae goed hou in die yskas teen 'n temperatuur tussen 0°C en 4°C.
- ✓ Draai groter snitte of vleisstukke in aluminiumfoelie of botterpapier toe en plaas in 'n groot bak of houër.
- ✓ Verseëlde pakke vleis wat by die supermark gekoop word, moet liefies nie oopgemaak word nie, gebruik egter voor die vervaldatum op die verpakking.

## Bêre vleis só in die vrieskas

- ✓ Bevrore lams- en skaapvleis sal vir tot 6 maande teen -18°C hou.
- ✓ Vries kleiner lamssnitte individueel, geskei deur was- of botterpapier, en draai styf toe in vriesakkies vir beskerming – dit sal baie makliker wees om die regte aantal tjops uit te haal om te ontdooi.
- ✓ Ontdooi skaapvleis oornag in die yskas.



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## PITA BREAD FILLED WITH SALAD PITABRODE GEVUL MET SLAAI

30 ml (2 T) olive oil  
250 g lamb strips, cut ± 4 cm lengths  
1 onion, chopped  
2 cloves of garlic, crushed  
125 g button mushrooms, sliced  
80 ml (½ cup) sweet chilli sauce  
45 ml (3 T) fresh lemon juice  
15 ml (1 T) sugar  
2 ml (½ t) Worcestershire sauce  
salt and freshly ground black pepper to taste  
1 avocado pear, cut into cubes  
4 pita breads  
rocket leaves to garnish

30 ml (2 e) olyfolie  
250 g lamsrepe, in ± 4 cm lengtes gesny  
1 ui, gekap  
2 knoffelhuisies, fyngedruk  
125 g knopiesampioene, skywe gesny  
80 ml (½ k) soetrisissous  
45 ml (3 e) vars suurlemoensap  
15 ml (1 e) suiker  
2 ml (½ t) Worcestersous  
sout en vars gemaalde swartpeper na smaak  
1 avokadopeer, in blokkies gesny  
4 pitabrode  
roket vir garnering

1. Heat oil in a heavy-based saucepan.

Fry lamb strips until golden brown. Add onion and garlic and sauté for a few minutes until soft.

2. Add mushrooms, chilli sauce, lemon juice, sugar, Worcestershire sauce and seasoning and stir over heat for a few minutes. Remove from heat and add avocado pear.

3. Cut pita breads in half and spoon filling inside, topped with rocket leaves. Serve immediately.

### Variation

Substitute the mushrooms with chopped green or red pepper.

1. Verhit olie in 'n swaarboompan. Braai lamsrepe tot goudbruin. Voeg uie en knoffel by en soteer vir 'n paar minute tot sag.

2. Voeg sampioene, rissiesous, suurlemoensap, suiker, Worcestersous en geurmiddels by en verhit vir 'n paar minute. Verwyder van die hitte en voeg die avokadopeer by.

3. Sny pitabrode in die helfte en skep die vulsel binne-in, met roketblare bo-op. Bedien dadelik.

### Variasie

Vervang sampioene met gekapte groen of rooi soetrisissie.



## TANGY LAMB STIR-FRY WITH PASTA PIKANTE LAMSROERBRAAI MET PASTA

100 g uncooked pasta, such as linguine or spaghetti  
 30 ml (2 T) cooking oil  
 500 g lamb strips, cut 4 - 6 cm lengths  
 2 leeks, sliced  
 1 clove of garlic, crushed  
 100 g spinach, shredded  
 125 g button mushrooms, sliced  
 1 red or green peppers, seeded and sliced  
 440 g can pineapple pieces, drained and juice reserved  
 salt and freshly ground black pepper to taste

### Sauce

30 ml (2 T) red wine vinegar or brown vinegar  
 80 ml (½ cup) pineapple juice  
 20 ml (4 t) sugar  
 2 ml (½ t) ground ginger  
 10 ml (2 t) soy sauce  
 10 ml (2 t) cornflour

1. Cook pasta until soft but still firm. Rinse under cold water to prevent it sticking and set aside.
2. Heat oil in a wok, cast-iron pan or large heavy-based saucepan and fry lamb until golden brown.
3. Add leeks and garlic and sauté for a few minutes until soft. Add spinach, mushrooms, peppers, pineapple and seasoning.
4. Sauce: Mix all ingredients together and pour over stir-fry. Add pasta and stir for a few minutes until sauce thickens slightly. Serve immediately.

### Variation

Substitute spinach with cabbage or broccoli florets.

100 g ongekookte pasta, soos linguine of spaghetti  
 30 ml (2 e) kookolie  
 500 g lamsrepias, 4 - 6 cm lengtes gesny  
 2 preie, gesny  
 1 knoffelhuisie, fyngedruk  
 100 g spinasie, fyngesny  
 125 g knopiesampioene, skywe gesny  
 1 rooi of groen soetrissie, ontpit en gesny  
 440 g blik pynappelstukke, gedreineer en sap behou  
 sout en vars-gemaalde swartpeper na smaak

### Sous

30 ml (2 e) rooiwynasyn of bruinasyn  
 80 ml (⅓ k) pynappelsap  
 20 ml (4 t) suiker  
 2 ml (½ t) fyn gemmer  
 10 ml (2 t) sojasous  
 10 ml (2 t) mielieblom

1. Kook pasta tot sag, maar steeds ferm. Spoel onder koue water en laat staan eenkant.
2. Verhit olie in 'n wok of 'n swaarboompan en braai lam tot goudbruin.
3. Voeg preie en knoffel by en soteer vir 'n paar minute tot sag. Voeg spinasie, sampioene, rissies, pynappel en geurmiddels by.
4. Sous: Meng al die bestanddele saam en gooi oor die roerbraai. Voeg pasta by en roer vir 'n paar minute tot sous effens verdik. Bedien onmiddelik.

### Variasie

Vervang spinasie met kool of brokkoli.



## LAMB CHOPS AND BABY POTATO SALAD LAMTJOPS EN BABA-AARTAPPELSLAAI

30 ml (2 T) olive oil  
5 ml (1 t) finely grated lemon rind  
60 ml (¼ cup) lemon juice  
2 cloves of garlic, crushed  
30 ml (2 T) chopped fresh rosemary  
5 ml (1 t) cumin seeds  
6 lamb chops

### Potato salad

500 g baby potatoes (± 14)  
80 ml (⅓ cup) olive oil  
2 medium red onions, coarsely chopped  
3 sticks celery, coarsely chopped  
60 ml (¼ cup) vinegar  
10 ml (2 t) sugar  
10 g mixed bean sprouts  
5 ml (1 t) wholegrain mustard  
salt and freshly ground black pepper to taste

1. Mix oil, lemon rind, juice, garlic, rosemary and seeds together. Brush over chops and grill under oven or in griddle pan.
2. Potato salad: Boil unpeeled potatoes in water until soft. Drain and cut into halves.
3. Heat oil in a heavy-based saucepan. Add onions and sauté until soft. Add remaining ingredients and stir into potatoes. Serve immediately with chops.

30 ml (2 e) olyfolie  
5 ml (1 t) fyngerasperde suurlemoenskil  
60 ml (¼ k) suurlemoensap  
2 knoffelhuisies, fyngedruk  
30 ml (2 e) gekapte vars roosmaryn  
5 ml (1 t) komynsaad  
6 lamtjops

### Aartappelslaai

500 g baba-aartappels (± 14)  
80 ml (⅓ k) olyfolie  
2 medium rooi uie, grofgekap  
3 selderystingels, grofgekap  
60 ml (¼ k) asyn  
10 ml (2 t) suiker  
10 g gemengde boontjiespruite  
5 ml (1 t) heelkorrelmosterd  
sout en vars gemaalde swartpeper na smaak

1. Meng olie, suurlemoenskil, sap, knoffel, roosmaryn en saad saam. Borsel oor tjops en rooster in die oond of in 'n swaarboompan.
2. Aartappelslaai: Kook ongeskilde aartappels in water tot sag. Dreineer water en halveer die aartappels.
3. Verhit olie in 'n swaarboompan en soteer uie tot sag. Voeg die oorblywende bestanddele by en meng met die aartappels. Bedien dadelik met die tjops.



## TANTALIZING TORTILLA WRAPS GEURIGE TORTILLAROLLE

30 ml (2 T) olive oil  
600 g lamb strips  
1 medium onion, cut into rings  
2 cloves of garlic, crushed  
1 large red pepper, seeded and cut julienne  
1 large green pepper, seeded and cut julienne  
1 large yellow pepper, seeded and cut julienne  
125 g button mushrooms, sliced  
2 ml (½ t) ground mixed spice  
salt and freshly ground black pepper to taste  
8 flour tortillas

### Guacamole

1 large avocado pear, crushed  
15 ml (1 T) lemon juice  
chopped fresh coriander or parsley  
1 small tomato, finely chopped

1. Heat oil in a heavy-based saucepan. Add lamb strips and fry until golden brown. Add onion, garlic, peppers, mushrooms, spice and seasoning.

2. Place tortillas in preheated oven at 180°C for 5 - 10 minutes to warm. Spoon filling ingredients onto tortillas and wrap to close. Cut into half.

3. Guacamole: Mix all the ingredients together and serve with tortilla wraps.

### Variation

Add a can of 440 g pineapple pieces, drained.

30 ml (2 e) olyfolie  
600 g lamsrepië  
1 medium ui, in ringe gesny  
2 knoffelhuisies, fyngedruk  
1 groot rooi soetrissie, ontpit en in repe gesny  
1 groot groen soetrissie, ontpit en in repe gesny  
1 groot geel soetrissie, ontpit en in repe gesny  
125 g knopiesampioene, skywe gesny  
2 ml (½ t) fyn gemengde speserye  
sout en vars gemaalde swartpeper na smaak  
8 meeltortillas

### Guacamole

1 groot avokadopeer, fyngedruk  
15 ml (1 e) suurlemoensap  
gekapte vars koljander of pietersielie  
1 klein tamatie, fyngekap

1. Verhit olie in 'n swaarboompan. Voeg lamsrepië by en braai tot goudbruin. Voeg die ui, knoffel, soetrissies, sampioene, speserye en geurmiddels by.

2. Verhit die tortillas vir 5 - 10 minute in 'n voorverhitte oond by 180°C. Skep die vulselbestanddele op die tortillas en vou toe. Sny die tortillas in die helfte.

3. Guacamole: Meng al die bestanddele saam en bedien saam met die tortillas.

### Variasie

Voeg 1 440 g blik gedreineerde pynappelstukke by.



## CRUMBED GINGER CHOPS GEKRUMMELDE GEMMERTJOPS

80 ml (⅓ cup) cake flour  
salt and freshly ground black pepper to taste  
6 lamb loin chops, about 1,5 cm thick  
2 extra large eggs, beaten  
200 g ginger biscuits, crumbed  
45 ml (3 T) cooking oil

1. *Mix flour and seasoning. Add chops to flour mixture, dip into beaten eggs and lastly into ginger crumbs. Leave to chill in refrigerator for about 30 minutes.*
2. *Heat oil in a heavy-based saucepan and fry chops slowly until golden brown on both sides. Serve with salad or vegetables of choice.*

### Variation

*Substitute ginger crumbs with dry bread crumbs.*

80 ml (⅓ k) koekmeelblom  
sout en vars-gemaalde swartpeper na smaak  
6 lam-lendetjops, omtrent 1,5 cm dik  
2 ekstragroot eiers, geklits  
200 g gemmerbeskuitjies, gekrummel  
45 ml (3 e) kookolie

1. *Meng meel en geurmiddels. Voeg die tjops by die gekeurde meel, dompel in die geklitste eiers en laastens die gemmerkrummels. Laat afkoel in die yskas vir ongeveer 30 minute.*
2. *Verhit olie in 'n swaarboompan en braai tjops stadig tot goudbruin aan beide kante. Bedien met slaai of groente van eie keuse.*

### Variasie

*Vervang gemmerkrummels met droë broodkrummels.*





## COCKTAIL LAMB BURGERS MINI LAMSVLEISBURGERS

1 slice white or brown bread  
80 ml ( $\frac{1}{3}$  cup) milk  
1 medium onion, finely chopped  
2 cloves of garlic, crushed (optional)  
30 ml (2 T) chopped fresh thyme  
or 10 ml (2 t) dried thyme  
salt and freshly ground black pepper to taste  
500 g lamb mince (blade or leg)  
cooking oil for frying

### To assemble

12 mini bread rolls, cut in half  
mixed lettuce leaves  
2 medium tomatoes, sliced  
100 g cheddar cheese, sliced  
about 45 ml (3 T) salad dressing  
12 small wooden skewers

- 1. Patties: Soak bread in milk. Mix together with remaining ingredients and shape into 12 mini patties.*
- 2. Heat oil in a heavy-based frying pan and fry patties for 4 - 5 minutes on each side.*
- 3. To assemble: Layer on the base of each roll: lettuce, tomato, cheese and patties. Drizzle salad dressing over. Close with tops of rolls and secure rolls with wooden skewers.*

### Variation

*Substitute rolls with small pita breads or any other bread of choice.*

1 sny wit- of bruinbrood  
80 ml ( $\frac{1}{3}$  k) melk  
1 medium ui, fyngekap  
2 knoffelhuisies, fyngedruk (opsioneel)  
30 ml (2 e) gekapte, vars tiemie  
of 10 ml (2 t) droë tiemie  
sout en varsgemaalde swartpeper na smaak  
500 g lamsmalvleis (blad of boud)  
kookolie vir braai

### Om op te maak

12 mini broodrolletjies, in helfte gesny  
gemengde blaarslaai  
2 medium tamaties, skywe gesny  
100 g cheddarkaas, skywe gesny  
ongeveer 45 ml (3 e) slaaisous  
12 klein houtstokkies

- 1. Vleiskoekies: Week brood in melk. Meng saam met oorblywende bestanddele en vorm 12 mini patties.*
- 2. Verhit olie in 'n swaarboompan en braai die patties vir 4 - 5 minute aan elke kant.*
- 3. Om op te maak: Pak blaarslaai, tomatie, kaas en patties op die basis van elke rolletjie. Giet slaaisous oor. Plaas ander helfte van broodrolletjie bo-op en druk 'n houtstokkie daardeur.*

### Variasie

*Vervang rolletjies met klein pitabrode of enige ander brood van eie keuse.*



## TANDOORI LAMB CHOPS TANDOORI-LAMTJOPS

6 lamb chump chops, about 1,5 cm thick

### Marinade

350 ml plain low fat yoghurt  
10 ml (2 t) ground cumin  
15 ml (1 T) ground coriander  
10 ml (2 t) medium curry powder  
3 cloves of garlic, crushed  
10 ml (2 t) chopped fresh mint  
or 3 ml (½ t) dried mint  
15 ml (1 T) fresh lemon juice  
salt and freshly ground black pepper to taste

1. *Marinade: Mix all ingredients together and pour over chops.*
2. *Cover and marinate in refrigerator for 4 - 6 hours, or overnight if preferred.*
3. *Remove lamb from marinade and place on grid over moderate coals or fry in a heavy-based saucepan for about 15 minutes until golden brown on both sides. Serve immediately.*

### Variation

*For a hot marinade, substitute mint with 5 ml (1 t) chopped fresh chillies.*

6 lam-kruistjops, ongeveer 1,5 cm dik

### Marinade

350 ml ongegeurde laeвет jogurt  
10 ml (2 t) fyn komyn  
15 ml (1 e) fyn koljander  
10 ml (2 t) matige kerriepoeier  
3 knoffelhuisies, fyngedruk  
10 ml (2 t) fyngekapte vars kruisement  
of 3 ml (½ t) droë kruisement  
15 ml (1 e) vars suurlemoensap  
sout en varsgemaalde swartpeper na smaak

1. *Marinade: Meng al die bestanddele saam en gooi oor die tjops.*
2. *Bedek en marineer in die yskas vir 4 - 6 uur, of oornag indien verkies.*
3. *Gooi marinade van vleis af. Plaas tjops op die rooster oor matige kole of braai in 'n swaarboompan vir ongeveer 15 minute, tot goudbruin aan beide kante. Bedien dadelik.*

### Variasie

*Vir marinade wat brand, vervang kruisement met 5 ml (1 t) gekapte vars rissies.*



## LUSCIOUS SWEET AND SOUR KEBABS SAPPIGE SOET-EN-SUURKEBABS

500 g leg of lamb, cut into 2,5 cm cubes  
wooden or metal skewers  
200 g (about 18) peppadews  
1 pineapple, peeled and cut into wedges  
1 green pepper, seeded and cut into cubes

### Basting

80 ml (⅓ cup) peppadew syrup  
15 ml (1 T) honey  
15 ml (1 T) light brown sugar  
15 ml (1 T) lemon juice  
salt and freshly ground black pepper to taste

1. Thread the lamb onto skewers, alternating with the peppadews, pineapple wedges and green peppers.
2. Basting: Mix all the ingredients together.
3. Arrange kebabs on a grill rack over an oven pan and place under a preheated grill for about 7 minutes per side.  
Alternatively grill over moderate-hot coals.  
Turn frequently and baste with sauce while grilling.  
Serve immediately.

### Variation

Add peeled, halved pickling onions.

500 g lamsboud, in 2,5 cm-blokkies gesny  
hout- of metaalstokkies  
200 g (ongeveer 18) pikantrissies (peppadews)  
1 pynappel, geskil en in wiggies gesny  
1 groen soetrissie, ontpit en in blokkies gesny

### Bedruipsous

80 ml (⅓ k) peppadewstroop  
15 ml (1 e) heuning  
15 ml (1 e) ligte bruinsuiker  
15 ml (1 e) suurlemoensap  
sout en varsgemaalde swartpeper na smaak

1. Ryg die lamsvleis, peppadews, pynappelwiggies en soetrissiestukke op die sosatiestokkies.
2. Bedruipsous: Meng al die bestanddele saam.
3. Skakel boonste oondelement aan. Plaas die kebabs op die rooster van 'n oondpan en rooster vir ongeveer 7 minute aan elke kant. As alternatief, rooster oor matige kole. Draai die kebabs gereeld om en bedruip met die sous. Bedien dadelik.

### Variasie

Voeg geskilde, gehalveerde piekeluitjies by.



## GLAZED CITRUS LAMB RIBS SITRUSGEGLASURDE LAMSRIJBETJIES

800 g lamb ribslets ( $\pm$  14)**Marinade**

30 ml (2 T) honey  
5 ml (1 t) Worcestershire sauce  
30 ml (2 T) tomato sauce  
45 ml (3 T) orange juice  
30 ml (2 T) lemon juice  
30 ml (2 T) brown vinegar  
2 cloves of garlic, crushed  
3 ml ( $\frac{1}{2}$  t) mustard powder  
30 ml (2 T) chopped fresh rosemary  
or 10 ml (2 t) dried rosemary  
salt and freshly ground black pepper to taste

1. *Marinade: Mix all ingredients together. Pour over ribs and marinate for about 30 minutes.*
2. *Place ribs on grid over hot coals or under element of oven for about 15 - 20 minutes until golden brown.*
3. *Turn and baste frequently with marinade.*

800 g lamsribbetjies ( $\pm$  14)**Marinade**

30 ml (2 e) heuning  
5 ml (1 t) Worcestersous  
30 ml (2 e) tamatiesous  
45 ml (3 e) lemoensap  
30 ml (2 e) suurlemoensap  
30 ml (2 e) bruinasyn  
2 knoffelhuisies, fyngedruk  
3 ml ( $\frac{1}{2}$  t) mosterdpoeier  
30 ml (2 e) gekapte vars roosmaryn  
of 10 ml (2 t) droë roosmaryn  
sout en varsgemaalde swartpeper na smaak

1. *Marinade: Meng al die bestanddele saam. Giet oor die ribbetjies en marineer vir ongeveer 30 minute.*
2. *Plaas ribbetjies op 'n rooster, oor warm kole of onder die oondrooster en rooster vir ongeveer 15 - 20 minute tot goudbruin.*
3. *Draai gereeld om en bedruip met marinade.*



## HONEY AND CHUTNEY CHOPS HEUNING-EN-BLATJANGTJOPS

6 lamb loin chops, 2 cm thick

### Basting sauce

60 ml (¼ cup) fruit chutney

45 ml (3 T) honey

60 ml (¼ cup) fresh lemon juice

2 ml (½ t) lemon rind

30 ml (2 T) finely chopped fresh thyme

or 10 ml (2 t) dried thyme

2 cloves of garlic, crushed

5 ml (1 t) mustard powder

2 ml (½ t) medium curry powder

salt and freshly ground black pepper to taste

1. *Basting:* Mix all the ingredients together.

2. *Debone the lamb.* Roll each lamb chop and secure with a wooden skewer.

3. *Place chops under heated oven grill on a rack over oven pan.* Grill for about 15 - 20 minutes, while turning and basting frequently with sauce until golden brown.

*Serve immediately.*

### Variation

*Place chops over moderate coals instead of under oven grill.*

6 lam-lendetjops, 2 cm dik

### Bedruipsous

60 ml (¼ k) vrugteblatjang

45 ml (3 e) heuning

60 ml (¼ k) vars suurlemoensap

2 ml (½ t) suurlemoenskil

30 ml (2 e) fyngekapte vars tiemie

of 10 ml (2 t) droë tiemie

2 knoffelhuisies, fyngedruk

5 ml (1 t) mosterdpoeier

2 ml (½ t) matige kerriepoeier

sout en varsgemaalde swartpeper na smaak

1. *Bedruipsous:* Meng al die bestanddele saam.

2. *Ontbeen die lam.* Rol elke tjop op en steek 'n houtstokkie daardeur.

3. *Skakel boonste ondelement aan.* Plaas die tjops op die rooster van 'n oondpan en rooster vir ongeveer 15 - 20 minute. Draai gereeld om en bedruip met die sous tot goudbruin en gaar. Bedien dadelik.

### Variasie

*Rooster tjops oor matige kole in plaas van onder oondrooster.*



# BARBECUE CHOPS WITH CREAMY PEPPER SAUCE

## BRAAITJOPS MET ROMERIGE PEPERSOUS

6 lamb rib or loin chops, 2 cm thick

### Marinade

30 ml (2 T) olive oil  
 45 ml (3 T) light brown sugar  
 45 ml (3 T) brown vinegar  
 30 ml (2 T) tomato paste  
 30 ml (2 T) fresh lemon juice  
 3 ml (½ t) soy sauce  
 1 clove of garlic, crushed  
 15 ml (1 T) chopped fresh origanum  
 or 5 ml (1 t) dried origanum  
 salt and freshly ground black pepper to taste

### Pepper sauce

30 ml (2 T) butter or margarine  
 30 ml (2 T) cake flour  
 250 ml (1 cup) milk  
 2 ml (½ t) smooth English mustard  
 30 ml (2 T) green peppercorns,  
 crushed slightly  
 salt and freshly ground black pepper to taste

- 1. Marinade: Mix all ingredients together. Cover chops and marinate for 2 - 4 hours outside or 6 hours in refrigerator.*
- 2. Remove chops from marinade and place on grid over moderate coals or under oven grill for 15 - 20 minutes, until golden brown. Turn and baste frequently with marinade.*
- 3. Sauce: Melt butter in a small heavy-based saucepan. Add flour and stir for about one minute. Add remaining ingredients. Bring to the boil, reduce heat and simmer until smooth and thickened. Serve warm with chops.*

### Variation

*Substitute green peppercorns with 60 ml (¼ cup) grated cheese for a cheese sauce.*

6 lamsrib- of lendetjops, 2 cm dik

### Marinade

30 ml (2 e) olyfolie  
 45 ml (3 e) ligte bruinsuiker  
 45 ml (3 e) bruinasyn  
 30 ml (2 e) tamatiepuree  
 30 ml (2 e) vars suurlemoensap  
 3 ml (½ t) sojasous  
 1 knoffelhuisie, fyngedruk  
 15 ml (1 e) gekapte vars origanum  
 of 5 ml (1 t) droë origanum  
 sout en vars gemaalde swartpeper na smaak

### Peperous

30 ml (2 e) botter of margarien  
 30 ml (2 e) koekmeelblom  
 250 ml (1 k) melk  
 2 ml (½ t) gladde Engelse mosterd  
 30 ml (2 e) groen peperkorrels,  
 effens fyngedruk  
 sout en vars gemaalde swartpeper na smaak

- 1. Marinade: Meng al die bestanddele saam. Gooi oor tjops en marineer vir 2 - 4 uur buite of 6 uur in die yskas.*
- 2. Gooi die marinade van die tjops af en rooster die tjops op rooster oor matige kole of in die oond vir 15 - 20 minute tot goudbruin. Draai tjops gereeld om en bedruip met marinade.*
- 3. Sous: Smelt die botter in 'n klein swaarboonpan. Voeg meel by en roer vir ongeveer 1 minuut. Voeg die res van die bestanddele by. Bring tot kookpunt. Verlaag die hitte en prut tot glad en verdik. Bedien warm met tjops.*

### Variasie

*Vervang groen peperkorrels met 60 ml (¼ k) gerasperde kaas vir 'n kaassous.*



## LAMB SKEWERS WITH CHILLI GARLIC SAUCE LAMSTOKKIES MET RISSIE-KNOFFELSOUS

250 g lamb strips, cut 8 - 10 cm lengths  
125 g cherry tomatoes  
6 pickling onions  
6 bay or lemon leaves  
6 wooden skewers

### Marinade

45 ml (3 T) olive oil  
1 small onion, finely chopped  
2 cloves of garlic, crushed  
15 ml (1 T) chopped root ginger  
125 ml (½ cup) sweet chilli sauce  
15 ml (1 T) light brown sugar  
30 ml (2 T) lemon juice

1. Thread the lamb strips, concertina style, alternately with tomatoes, onions and lemon or bay leaves onto wooden skewers.

2. Marinade: Heat oil in a large heavy-based saucepan. Sauté onion, garlic and ginger for a about two minutes until soft. Add remaining ingredients, simmer for a few minutes and pour over skewers. Cover and marinate for about 2 hours outside or 6 hours in refrigerator.

3. Remove the skewers from the marinade and place over moderate coals or under oven grill for 10 - 12 minutes, turning and brushing frequently with the marinade until done.

### Variation

Substitute onions with mushrooms, pineapple or any other vegetables of choice.

250 g lamsrepe, in 8 - 10 cm lengtes gesny  
125 g kersietamaties  
6 piekeluitjies  
6 lourier- of suurlemoenblare  
6 houtstokkies

### Marinade

45 ml (3 e) olyfolie  
1 klein ui, fyngekap  
2 knoffelhuisies, fyngedruk  
15 ml (1 e) fyngekapte gemmerwortel  
125 ml (½ k) soetrissiesous  
15 ml (1 e) ligte bruinsuiker  
30 ml (2 e) suurlemoensap

1. Ryg die lamrepe konsertina-styl, om die beurt met tamaties, uie en lourier- of suurlemoenblare op die lamstokkies.

2. Marinade: Verhit olie in 'n swaarboompan. Soteer uie, knoffel en gemmer vir ongeveer 2 minute, tot sag. Voeg die oorblywende bestandele by, prut vir 'n paar minute en giet oor die lamstokkies. Bedek en marineer vir ongeveer 2 uur buite, of 6 uur in die yskas.

3. Gooi marinade af en plaas lamstokkies oor matige kole of onder oondrooster vir 10 - 12 minute terwyl dit gereeld omgedraai en met die marinade bedruip word tot gaar.

### Variasie

Vervang uie met sampioene, pynappel of enige ander groente van eie keuse.



## DEBONED AND BUTTERFLIED LEG OF LAMB ONTBEEDE EN GEVLINDERDE LAMSBOD

About 900 g leg of lamb, deboned and butterflied

### Basting sauce

- 10 ml (2 t) finely chopped root ginger
- 2 cloves of garlic, crushed
- 80 ml (⅓ cup) fresh lemon juice
- 125 ml (½ cup) olive oil
- 45 ml (3 T) dry red wine

15 ml (1 T) chopped fresh origanum  
or 5 ml (1 t) dried origanum  
salt and freshly ground black pepper to taste

1. Trim excess fat from lamb.
2. Place the lamb on a rack of an oven roasting pan.  
Roast in a preheated oven at 160°C  
for 20 - 25 minutes per 500 g, plus an  
additional 20 minutes for medium-done.
3. Basting sauce: Mix all the ingredients together and  
baste the lamb frequently during roasting.
4. Remove from pan and leave in a warm place for about  
10 minutes before carving.

### Variation

Substitute the leg of lamb with a deboned lamb blade.

Omtrent 900 g lamsboud, ontbeen en gevlinger

### Bedruiptous

- 10 ml (2 t) fyngekapte vars gemmerwortel
  - 2 knoffelhuisies, fyngedruk
  - 80 ml (⅓ k) vars suurlemoensap
  - 125 ml (½ k) olyfolie
  - 45 ml (3 e) droë rooiwijn
  - 15 ml (1 e) gekapte vars origanum  
of 5 ml (1 t) droë origanum
- sout en varsgemaalde swartpeper na smaak

1. Verwyder oormatige vet van die boud.
  2. Plaas die lam op die rak van 'n oondroosterpan.  
Oondbraai vir 20 - 25 minute per 500 g, plus nog  
'n verdere 20 minute vir mediumgaar,  
in 'n voorverhitte oond teen 160°C.
- Bedruiptous: Meng al die bestanddele saam en  
bedruipt die lam gereeld gedurende die gaarmaakproses.
4. Haal uit pan en plaas in 'n warm plek vir omtrent  
10 minute. Sny voor.

### Variasie

Vervang die lamsboud met 'n ontbeende lamsblad.





## LAMB AND PUMPKIN RISOTTO LAM-EN-PAMPOENRISOTTO

250 g (1 cup) pumpkin  
30 ml (2 T) butter  
30 ml (2 T) olive oil  
450 g lamb strips, cut  $\pm$  4 cm lengths  
1 medium onion, finely chopped  
1 clove of garlic, crushed  
250 g (1 cup) Arborio (risotto) rice  
125 ml ( $\frac{1}{2}$  cup) dry white wine  
1 litre lamb or vegetable stock  
30 g parmesan cheese, freshly grated  
15 ml (1 T) pesto, optional  
salt and freshly ground black pepper to taste

1. Peel and cut the pumpkin into small pieces. Place in a heavy-based saucepan with little water and boil until soft, but still firm. Drain.
2. Heat the butter and oil in a heavy-based saucepan. Fry the lamb strips until golden brown. Add the onion and garlic and sauté until soft.
3. Add the rice and stir constantly over a medium heat for about 2 minutes until it is coated with oil and the grains become slightly translucent. Add the wine to the rice. When all the liquid has been absorbed, start adding the stock, a ladleful at a time making sure each addition has been absorbed before adding the next. Continue for about 20 minutes until risotto becomes creamy.
4. Add the pumpkin, parmesan cheese, pesto and seasoning. Serve immediately.

### Variation

Substitute pumpkin with butternut.

250 g (1 k) pampoen  
30 ml (2 e) botter  
30 ml (2 e) olyfolie  
450 g lamsrepië,  $\pm$  4 cm lank gesny  
1 medium ui, fyngekap  
1 knoffelhuisie, fyngedruk  
250 g (1 k) Arborio- (risotto)- rys  
125 ml ( $\frac{1}{2}$  k) droë witwyn  
1 liter vleis- of groenteaftreksel  
30 g parmesaan kaas, varsgerasper  
15 ml (1 e) pesto, opsioneel  
sout en varsgemaalde swartpeper na smaak

1. Skil en sny pampoën in klein stukkie. Plaas in swaarboompan met bietjie water en laat kook tot sag maar ferm. Dreineer die pampoën.
2. Verhit die botter en olie in 'n swaarboompan. Braai die lamsrepië tot goudbruin. Voeg die uie en knoffel by en soteer tot sag.
3. Voeg die rys by en roer voortdurend oor medium hitte vir ongeveer 2 minute tot rys bedek is met olie en deurskynend word. Voeg wyn by die rys. Sodra al die vloeistof geabsorbeer is, begin om aftreksel stadig by te voeg, lepel-vir-lepel sodat elke byvoeging geabsorbeer word voor die volgende byvoeging word. Hou aan met byvoegings vir ongeveer 20 minute tot risotto romerig raak.
4. Voeg pampoën, parmesaan kaas, pesto en geurmiddels by. Bedien dadelik.

### Variasie

Vervang pampoën met botterskorsie.



# Cooking methods

## Oven roasting

Roasting is a simple and effective cooking method. Simply weigh the raw cut and calculate the cooking time using the table below to ensure the meat is cooked to your liking.

Cut	Roasting time at 180°C to 190°C
Leg, shoulder, breast, shanks and rack	Medium: 25 minutes per 500 g + 25 minutes Well-done: 30 minutes per 500 g + 30 minutes
Loin, chump, chops	25 – 30 minutes
Burger patties	15 – 25 minutes

## Pot roasting

Slow moist cooking methods include pot roasting, stewing, braising and casseroles. These methods are ideal for tenderising less expensive, less tender cuts of meat and are convenient ways of cooking as they require very little preparation or attention during cooking.

## Stewing

Stewing, braising and casseroles are all moist methods of cooking in the oven or on the hob. The meat is simmered gently at a low temperature with added liquid.

## Pan-frying

Pan-frying or shallow frying, is a quick cooking method for small, tender cuts using an uncovered pan on the hob.

## Grilling

Grilling is a fast, dry alternative to pan-frying for cooking tender cuts, using intense radiant heat either above or below the meat. Braising, char-grilling or barbecuing seals the meat juices by forming a crust on the surface of the meat. The meat must be basted with a prepared glaze, butter, oil or reserved marinade mixture. This gives a distinctive flavour to your meat and keeps it moist and succulent.

## Stir-frying

Stir-frying is an ideal quick method of cooking meat as the thin strips cook in only a few minutes.

## CARVING TIPS

- Allow enough time before serving not only for cooking the meat, but also for resting and carving.
- A standing time of 10 to 20 minutes is recommended for large cuts of meat such as roasts. Resting allows the meat to finish cooking. It is easier to carve meat after it has been allowed some standing time. If meat is carved immediately out of the oven, it loses more of its flavourful juices.
- During the standing time, add the finishing touches to the salads or side dishes – it is also a good time to prepare the gravy for your roast.
- Unless you are planning on carving the meat at the table, place a cutting board inside a tray to catch the meat juices in the baking tray.
- Use a long, sharp carving knife and a meat fork to steady the meat.



# Gaarmaakmetodes

## Oondbraai

Braai is 'n eenvoudige en doeltreffende gaarmaakmetode. Weeg die rou snit en bereken die gaarmaktyd met behulp van die tabel hieronder om te verseker dat die vleis na jou sin gaar word.

Snit	Oondrooster teen 180°C tot 190°C
Boud, blad, bors, skenkel en ribstuk	Medium: 25 minutes per 500 g + 25 minutes Goed gaar: 30 minutes per 590 g + 30 minutes
Lende, kruisstuk, tjops	25 – 30 minutes
Burgerpatties	15 – 25 minutes

## Potbraai

Stadige, klam gaarmaakmetodes sluit in potbraai, stowe, smoor en oondstowe. Hierdie metodes is ideaal vir meer bekostigbare, taaier vleissnitte en is gerieflike gaarmaakmetodes wat min voorbereiding vooraf benodig, en min aandag tydens die gaarmaakproses verg.

## Stowe

Stowe, smoor en oondstowe is almal klam gaarmaakmetodes vir die oond of stoofplaat. Die vleis word stadig teen 'n lae temperatuur geprut met ekstra vloeistof.

## Panbraai

Panbraai of vlakbraai is 'n vinnige gaarmaakmetode vir kleiner, sagte snitte in 'n oop pan op die stoof.

## Rooster

Rooster is 'n vinnige, droë alternatief vir panbraai vir sagte snitte, met intense stralingshitte bo-oor of onder die vleis. Wanneer vleis gerooster of gebraai word, word die vleissappe behou deurdat 'n kors op die oppervlak van die vleis vorm. Die vleis moet bedruip word met 'n glansous, botter, olie of marinademengsel. Dit verleen 'n uitsonderlike geur aan die vleis en hou dit vogtig en sappig.

## Roerbraai

Roerbraai is 'n ideale, vinnige gaarmaakmetode vir vleis omdat die dun repies binne minute gaar word.

## VOORSNYWENKE

- Laat genoeg tyd voor opdiening sodat die gaar vleis kan rus voor dit gesny word.
- 'n Staantyd van 10 tot 20 minute word aanbeveel vir groot vleissnitte soos braaistukke. Die rustyd voltooi die gaarmaakproses. Vleis sny makliker nadat dit gestaan het. As vleis dadelik gesny word wanneer dit uit die oond kom, verloor dit meer van sy geurige sappe.
- Terwyl die vleis staan kan die slaaie of bygeregte afgerond word – dis ook 'n goeie tyd om die braaistuk se sous te maak.
- Tensy jy die vleis aan tafel gaan sny, plaas die snyplank binne-in 'n bakplaat sodat die vleissappe opgevang kan word.
- Gebruik 'n lang, skerp voorsnymes en druk die vleis vas met 'n vleisvurk.



## BAKED TANGY LAMB RIBLETS GEURIGE GEBAKTE LAMSRIJBETJIES

450 g lamb riblets

**Sauce**

30 ml (2 T) cooking oil  
 1 large onion, finely chopped  
 1 clove of garlic, crushed  
 10 ml (2 t) chopped root ginger  
 80 ml (⅓ cup) light brown sugar  
 125 ml (½ cup) lamb or beef stock  
 15 ml (1 T) Worcestershire sauce  
 5 ml (1 t) soy sauce  
 60 ml (¼ cup) tomato sauce  
 45 ml (3 T) lemon juice  
 15 ml (1 T) chopped fresh rosemary  
 or 5 ml (1 t) dried rosemary  
 salt and freshly ground black pepper to taste

1. Place the ribs in an ovenproof dish or roasting tin.
2. Sauce: Heat the oil in a heavy-based saucepan. Add onion and garlic and sauté until soft. Add the remaining ingredients. Simmer over low heat for about 5 minutes while stirring frequently.
3. Pour the sauce over the ribs. Bake in a preheated oven at 180°C for about 45 minutes until ribs are golden brown. Turn and baste the ribs frequently with the sauce.

**Variation**

Substitute rosemary with any other herbs of choice.

450 g lamsribbetjies

**Sous**

30 ml (2 e) kookolie  
 1 groot ui, fyngekap  
 1 knoffelhuisie, fyngedruk  
 10 ml (2 t) gemmerwortel, gekap  
 80 ml (⅓ k) ligte bruinsuiker  
 125 ml (½ k) vleisaftreksel  
 15 ml (1 e) Worcestersous  
 5 ml (1 t) sojasous  
 60 ml (¼ k) tamatiesous  
 45 ml (3 e) suurlemoensap  
 15 ml (1 e) gekapte vars roosmaryn  
 of 5 ml (1 t) droë roosmaryn  
 sout en varsgemaalde swartpeper na smaak

1. Plaas ribbetjies in groot oondvaste bak of pan.
2. Sous: Verhit olie in swaarboompan. Voeg uie en knoffel by en soteer tot sag. Voeg die oorblywende bestanddele by. Prut oor lae hitte vir ongeveer 5 minute terwyl gereeld geroer word.
3. Giet sous oor ribbetjies. Bak vir ongeveer 45 minute in 'n voorverhitte oond by 180°C tot ribbetjies goudbruin is. Draai gereeld en bedruip met sous.

**Variasie**

Vervang roosmaryn met enige ander kruie van eie keuse.



## DELICIOUS LAMB AND PHYLLO PIE HEERLIKE LAM-EN-FILOPASTEI

45 ml (3 T) olive oil  
450 g lamb cubes, cut 2 cm  
2 leeks, sliced  
2 cloves of garlic, crushed  
375 ml (1½ cup) lamb or beef stock  
30 ml (2 T) chopped fresh thyme  
or 10 ml (2 t) dried thyme  
1 ml ground all spice  
salt and freshly ground black pepper to taste  
125 g button mushrooms, sliced  
15 ml (1 T) cake flour  
4 sheets phyllo pastry  
80 g melted butter to brush

1. Heat oil in a heavy-based saucepan. Add lamb and fry until browned. Add leeks and garlic and sauté for about 2 minutes.
2. Add the stock, thyme, spice and seasoning and simmer for about 20 minutes. Add mushrooms and simmer for a few minutes. Thicken the sauce with a paste of flour and water and set aside.
3. Grease base of pie dish. Cut three sheets of pastry in half. Brush each sheet with melted butter and layer in the base of dish with ends hanging over outside edge of dish.
4. Transfer meat onto pastry base in dish. Cut remaining sheet in four, brush each with melted butter, crunch up slightly and layer on centre of meat. Fold each sheet from outside of dish towards centre to cover all meat.
5. Bake in a preheated oven at 200°C for 15 - 20 minutes until pastry is golden brown and crisp.

Serve immediately.

### Variation

Substitute phyllo pastry with 200 g shortcrust or puff pastry.

45 ml (3 e) olyfolie  
450 g lamsvleis, in 2 cm-blokkies gesny  
2 preie, gesny  
2 knoffelhuisies, fyngedruk  
375 ml (1½ k) lam- of beesaftreksel  
30 ml (2 e) gekapte vars tiemie  
of 10 ml (2 t) droë tiemie  
1 ml fyn wonderpeper  
sout en varsgemaalde swartpeper na smaak  
125 g knopiesampioene, skywe gesny  
15 ml (1 e) koekmeelblom  
4 velle filodeeg  
80 g gesmelte botter om te borsel

1. Verhit olie in 'n swaarboompan. Voeg lamsvleis by en braai tot bruin. Voeg preie en knoffel by en soteer vir ongeveer 2 minute.
2. Voeg aftreksel, tiemie, speserye en geurmiddels by en prut vir ongeveer 20 minute. Voeg sampioene by en prut vir 'n paar minute. Verdik die sous met 'n mengsel van meel en water en laat eenkant staan.
3. Smeer die pasteibak. Sny drie velle filodeeg in die helfte. Smeer elke vel met gesmelte botter en plaas in bak met ente wat oor die rand van die bak hang.
4. Plaas vleis op die deeg in die bak. Sny die oorblywende filovel in vier dele en smeer elk met gesmelte botter. Frommel effens en plaas bo-oor die vleis, in die middel. Vou die deeg wat oor die rand van bak hang, van buite na binne om al die vleis te bedek.
5. Bak vir 15 - 20 minute in 'n voorverhitte oond teen 200°C tot die deeg goudbruin en bros is. Bedien dadelik.

### Variasie

Vervang filodeeg met 200 g broskors- of blaarkorsdeeg.



## HERB LAMB RACKS LAMSRAKKE MET KRUIE

4 x 250 g lamb racks (each 3 rib bones)  
3 medium onions, quartered  
fresh origanum sprigs  
60 ml (¼ cup) olive oil

### Topping

60 ml (¼ cup) olive oil  
6 cloves of garlic, chopped  
30 ml (2 T) sesame seeds  
60 ml (¼ cup) chopped fresh origanum

1. Layer onions and origanum sprigs in an ovenproof dish. Sprinkle olive oil over.
2. Topping: Mix all ingredients together and spoon on top of racks. Press lightly onto racks. Place racks on onions and herbs.
3. Place lamb in a preheated oven at 160°C for 1 - 1½ hours or until medium-done. Serve immediately.

### Variation

Omit topping and baste racks with a basting sauce consisting of olive oil, lemon juice and herbs.

4 x 250 g lamsrakke (elk met 3 ribbene)  
3 medium uie, in kwarte gesny  
vars origanumtakkies  
60 ml (¼ k) olyfolie

### Bolaag

60 ml (¼ k) olyfolie  
6 knoffelhuisies, fyngedruk  
30 ml (2 e) sesamsaad  
60 ml (¼ k) gekapte vars origanum

1. Plaas die uie en origanumtakkies in 'n oondvaste bak. Sprinkel olyfolie oor.
2. Bolaag: Meng al die bestanddele saam en plaas bo-op die lamsrakke en druk liggies vas. Plaas die lamsrakke bo-op die uie en kruie.
3. Oondbraai die lam vir 1 - 1½ uur vir mediumgaar in 'n voorverhitte oond teen 160°C. Bedien dadelik.

### Variasie

Vervang die bolaag met 'n bedruipsous wat bestaan uit olyfolie, suurlemoensap en kruie.



## FRUITY BREAST ROLL BORSROL GEVUL MET VRUGTE

About 800 g deboned lamb breast with flank  
250 g mixed dried fruit (such as peaches, apples,  
apricots, prunes)

### Rosemary basting

125 ml (½ cup) olive oil  
60 ml (¼ cup) fresh lemon juice  
or dry white wine  
15 ml (1 T) honey  
2 cloves of garlic, crushed  
1 sprig rosemary  
or 5 ml (1 t) dried rosemary  
salt and freshly ground black pepper to taste

1. *Chop dried fruit coarsely and layer on inside surface of lamb. Roll up tightly and fasten with string, 2,5 cm apart. Place roll in a preheated oven at 160°C for 20 - 25 minutes per 500 g, plus an additional 20 minutes for medium-done.*
2. *Basting: Mix all ingredients together and baste lamb frequently during cooking. Remove from pan and serve immediately.*

### Variation

Substitute dried fruit with any vegetables such as onion, mushroom and herbs.

Ongeveer 800 g ontbeende lamsbors met lies  
250 g gemengde droë vrugte (soos perskes, appels,  
appelkose en pruime)

### Roosmarynbedruijsous

125 ml (½ k) olyfolie  
60 ml (¼ k) vars suurlemoensap  
of droë witwyn  
15 ml (1 e) heuning  
2 knoffelhuisies, fyngedruk  
1 roosmaryntakkie  
of 5 ml (1 t) droë roosmaryn  
sout en varsgemaalde swartpeper na smaak

1. *Kap droë vrugte grof en plaas 'n laag hiervan binne-in die lamsvleis. Rol styf op. Bind met tou vas elke 2,5 cm. Oondbraai die vleis vir 20 - 25 minute per 500 g, plus nog 'n verdere 20 minute vir mediumgaar in 'n voorverhitte oond teen 160°C.*
2. *Bedruijsous: Meng al die bestanddele saam en bedruij lam gereeld gedurende die gaarmaakproses. Haal uit pan en bedien onmiddelik.*

### Variasie

Vervang droë vrugte met enige ander groente soos uie, sampioene en kruie.



## CREAMY LAMB CURRY TOPPED WITH POTATO STRIPS ROMERIGE LAMSKERRIE MET AARTAPPELREPE

30 ml (2 T) olive oil  
700 g leg of lamb cubes  
2 medium onions, coarsely chopped  
2 cloves of garlic, crushed  
1 green pepper, seeded and cut into strips  
15 ml (1 T) finely grated root ginger  
15 ml (1 T) medium curry powder  
2 fresh tomatoes, chopped  
200 ml (¾ cup) coconut milk  
15 ml (1 T) freshly chopped coriander leaves  
salt and freshly ground black pepper to taste  
15 ml (1 T) cake flour  
3 medium potatoes, peeled and cut into thin strips  
30 ml (2 T) butter or margarine, melted

1. Heat oil and fry lamb until golden brown. Add onions, garlic, pepper, ginger and curry and sauté until soft.

2. Add all remaining ingredients, except potatoes and butter. Simmer over low heat for about 15 minutes and thicken with flour and water if needed.

Transfer to an ovenproof dish.

3. Parboil potato strips slightly.

Brush with melted butter and spread strips over the lamb. Bake in a preheated oven at 200°C for about 25 minutes or until golden brown.

30 ml (2 e) olyfolie  
700 g lamsvleisblokkies  
2 medium uie, grofgekap  
2 knoffelhuisies, fyngedruk  
1 groen soetrissie, ontpit en repe gesny  
15 ml (1 e) fyngerasperde gemmer  
15 ml (1 e) matige kerriepoeier  
2 vars tamaties, gekap  
200 ml (¾ k) klappermelk  
15 ml (1 e) gekapte vars koljanderblare  
sout en varsgemaalde swartpeper na smaak  
15 ml (1 e) koekmeelblom  
3 medium aartappels, geskil en in dun repe gesny  
30 ml (2 e) botter of margarien, gesmelt

1. Verhit die olie en braai lamsvleis tot goudbruin. Voeg uie, knoffel, soetrissie, gemmer en kerrie by en soteer tot sag.

2. Voeg al die oorblywende bestanddele by, behalwe die aartappels en botter. Prut oor lae hitte vir ongeveer 15 minute en verdik met koekmeelblom en water, indien nodig. Plaas in 'n oondvaste pan.

3. Kook die aartappelrepe vinnig. Borsel met die gesmelte botter en plaas 'n laag hiervan bo-oor die lamsvleis.

Bak vir ongeveer 25 minute tot goudbruin in 'n oond teen 200°C.





## DEBONED LAMB SHOULDER IN BUTTERMILK ONTBEENDE LAMSBLED MET KARRINGMELK

About 800 g deboned lamb shoulder blade  
3 cloves of garlic, peeled and thinly sliced  
1 sprig rosemary, divided in small pieces  
1 large sprig rosemary for basting

### Buttermilk marinade

250 ml (1 cup) buttermilk  
or plain unflavoured yoghurt  
60 ml (¼ cup) olive oil  
30 ml (2 T) fresh lemon juice  
15 ml (1 T) chopped root ginger  
2 cloves of garlic, crushed  
salt and freshly ground black pepper to taste

1. Cut incisions in skin of lamb and place garlic slices and a small sprig of rosemary in each.
2. Marinade: Mix all ingredients together and pour over meat. Cover and marinate in refrigerator for 4 - 6 hours, or overnight if preferred.
3. Place lamb in preheated oven at 160°C for 20 - 25 minutes per 500 g, plus an additional 20 minutes for medium-done. Use rosemary sprig to baste lamb frequently during cooking with marinade. Leave in a warm place for about 10 minutes before carving.

### Variation

Substitute rosemary with any other herbs of choice.

Ongeveer 800 g ontbeende lamsblad  
3 knoffelhuisies, geskil en dungsny  
1 roosmaryntak, in klein takkies verdeel  
1 groot roosmaryntak vir bedruiping

### Karringmelkmarinade

250 ml (1 k) karringmelk  
of ongegeurde jogurt  
60 ml (¼ k) olyfolie  
30 ml (2 e) vars suurlemoensap  
15 ml (1 e) fyngekapte gemmerwortel  
2 knoffelhuisies, fyngedruk  
sout en varsgemaalde swartpeper na smaak

1. Maak insnydings in die lamsvel en druk in elk 'n skyfie knoffel en 'n roosmaryntakkie.
2. Marinade: Meng al die bestanddele saam en gooi oor die vleis. Bedek en marineer in die yskas vir 4 - 6 uur of oornag, indien verkies.
3. Oondbraai vir 20 - 25 minute per 500 g, plus nog 'n verdere 20 minute vir mediumgaar in 'n voorverhitte oond teen 160°C. Gebruik die groot roosmaryntakkie om die lam gereeld met die marinade mee te bedruip. Laat in 'n warm plek vir ongeveer 10 minute voor dit gesny word.

### Variasie

Vervang die roosmaryn met enige ander kruie van eie keuse.



## FAVOURITE STEW WITH BABY VEGETABLES GUNSTELING BREDIE MET GROENTE

30 ml (2 T) olive or cooking oil  
750 g lamb cubes, cut 2 cm  
250 g pickling onions (about 18)  
2 cloves of garlic, crushed  
60 ml (¼ cup) dry red wine (optional)  
375 ml (1½ cups) lamb or beef stock  
15 ml (1 T) tomato paste  
5 ml (1 t) sugar  
15 ml (1 T) chopped fresh herbs  
or 5 ml (1 t) dried herbs  
250 g baby carrots  
15 ml (1 T) cake flour  
salt and freshly ground black pepper to taste

1. Heat oil in a heavy-based saucepan and fry lamb cubes until golden brown. Add onions and garlic and sauté until light brown. Remove onions and set aside.
2. Add wine, heated stock, tomato paste, sugar, herbs and seasoning. Bring to the boil, cover with lid and reduce heat. Simmer for about 40 minutes.
3. Add carrots and return onions and simmer for another 15 minutes until vegetables are soft. Dissolve flour in a little water and thicken the sauce. Serve immediately.

### Tip

Substitute the vegetables with any other vegetable of choice, such as potatoes.

30 ml (2 e) olyfolie  
750 g lamsvleis, in 2 cm-blokkies gesny  
250 g piekeluitjies (ongeveer 18)  
2 knoffelhuisies, fyngedruk  
60 ml (¼ k) droë rooiwyn (opsioneel)  
375 ml (1½ k) vleisaftreksel  
15 ml (1 e) tamatiepuree  
5 ml (1 t) suiker  
15 ml (1 e) gekapte vars kruie  
of 5 ml (1 t) gedroogde kruie  
250 g jong worteltjies  
15 ml (1 e) koekmeel  
sout en varsgemaalde swartpeper na smaak

1. Verhit olie in swaarboompan en braai lamsvleis-blokkies tot goudbruin. Voeg uie en knoffel by en soteer tot ligbruin. Verwyder uie en plaas eenkant.
2. Voeg wyn, warm aftreksel, tamatiepasta, suiker, kruie en geurmiddels by. Bring tot kookpunt, bedek met deksel en verminder hitte. Prut vir ongeveer 40 minute.
3. Voeg wortels en gebraaide uie by en prut vir 'n verdere 15 minute tot groente sag is. Los meel op in 'n bietjie water en voeg by sous om te verdik. Bedien dadelik.

### Variasie

Vervang die groente met enige ander groente van eie keuse, soos byvoorbeeld aartappels.



## LEMON AND HERB LAMB ROAST SUURLEMOEN-EN-KRUIE-LAMSBOD

2,5 kg leg of lamb  
salt and freshly ground black pepper to taste  
10 ml (2 t) finely grated lemon rind  
30 ml (2 T) chopped fresh thyme  
or 10 ml (2 t) dried thyme  
125 ml (½ cup) olive oil  
8 medium potatoes, peeled and quartered  
1 lemon, sliced  
10 cloves of garlic, unpeeled  
sprigs of rosemary

1. Place lamb on a rack in an oven-roasting pan.  
Season with salt, pepper, lemon rind and thyme.  
Drizzle with olive oil.

2. Roast in a preheated oven at 160°C for 20 - 25 minutes  
per 500 g, plus an additional 20 minutes for medium-done.

3. Roast lamb in oven half-way of cooking time. Parboil  
potatoes and add to roast with lemon slices, garlic and  
sprigs of rosemary. Drizzle with more olive oil if needed  
and finish roast until done. Leave in a warm place for  
about 10 minutes before carving.

### Variation

Substitute potatoes with sweet potatoes or butternut.

2,5 kg lamsboud  
sout en varsgemaalde swartpeper na smaak  
10 ml (2 t) fyngerasperde suurlemoenskil  
30 ml (2 e) gekapte vars tiemie  
of 10 ml (2 t) droë tiemie  
125 ml (½ k) olyfolie  
8 medium aartappels, geskil en in kwarte gesny  
1 suurlemoen, skywe gesny  
10 knoffelhuisies, ongeskil  
roosmaryntakkies

1. Plaas boud op die rooster van 'n oondpan. Geur met  
sout, peper, suurlemoenskil en tiemie. Giet olyfolie oor.

2. Rooster vir 20 -25 minute per 500 g en 'n  
addisionele 20 minute vir mediumgaar in  
'n voorverhitte oond teen 160°C.

3. Voeg voorafgekookte aartappels by die boud,  
halfpad deur die kooktyd. Voeg suurlemoenskywe,  
knoffel en roosmaryntakkies by. Giet nog olyfolie oor  
indien nodig en rooster tot gaar. Laat in 'n warm plek  
vir 10 minute voor gesny word.

### Variasie

Vervang aartappels met patats of pampoens.



## TASTY LAMB RACK WITH SAVOURY RICE SMAAKLIKE LAMSRAK MET GEGEURDE RYS

750 g lamb rack

### Basting sauce

15 ml (1 T) cooking oil  
1 clove of garlic, crushed  
1 ml (pinch) ground coriander  
15 ml (1 T) chopped fresh thyme  
or 5 ml (1 t) dried thyme  
3 ml (½ t) grated lemon rind  
80 ml (⅓ cup) fresh lemon juice  
2 ml (½ t) Worcestershire sauce  
15 ml (1 T) honey  
salt and freshly ground black pepper to taste

### Savoury rice

30 ml (2 T) cooking oil  
1 small onion, finely chopped  
200 g (1 cup) uncooked rice  
625 ml (2½ cups) vegetable stock  
salt and freshly ground pepper to taste  
50 g frozen peas (optional)  
50 g button mushrooms, chopped  
1 small red pepper, seeded and chopped  
45 ml (3 T) chopped fresh parsley  
or 15 ml (1 T) dried parsley

1. Place the lamb on a rack of an oven roasting pan. Roast in a preheated oven at 160°C for 20 - 25 minutes per 500 g, plus an additional 20 minutes for medium-done.
2. Basting sauce: Mix all the ingredients together and brush lamb frequently during roasting.
3. Savoury rice: Heat oil in a heavy-based saucepan and sauté onion until soft. Add rice and stir for 1 minute. Add stock and seasoning and cook for about 10 minutes.
4. Add peas, mushrooms, red pepper and parsley and cook until just tender.
5. Spoon savoury rice onto serving plate or mould it and serve with lamb racks.

750 g lamsrak

### Bedruipsous

15 ml (1 e) kookolie  
1 knoffelhuisie, fyngedruk  
1 ml (knippie) fyn koljander  
15 ml (1 e) gekapte vars tiemie  
of 5 ml (1 t) droë tiemie  
3 ml (½ t) gerasperde suurlemoenslik  
80 ml (⅓ k) vars suurlemoensap  
2 ml (½ t) Worcestersous  
15 ml (1 e) heuning  
sout en varsgemaalde swartpeper na smaak

### Gegeurde rys

30 ml (2 e) kookolie  
1 klein ui, fyngekap  
200 g (1 k) ongekookte rys  
625 ml (2½ k) groenteaftreksel  
sout en varsgemaalde swartpeper na smaak  
50 g bevrore ertjies (opsioneel)  
50 g knopiesampioene, gekap  
1 klein rooi soetrissie, ontpit en gekap  
45 ml (3 e) gekapte, vars pietersielie  
of 15 ml (1 e) droë pietersielie

1. Plaas die lamsrak op die rak van 'n oondroosterpan en rooster vir 20 - 25 minute per 500 g, plus nog 'n verdere 20 minute vir mediumgaar in 'n voorverhitte oond teen 160°C.
2. Bedruipsous: Meng al die bestanddele saam en borsel lamsvleis gereeld gedurende roostertyd.
3. Gegeurde rys: Verhit olie in 'n swaarboomkastrol en soteer ui tot sag. Voeg rys by en roer vir 1 minuut. Voeg aftreksel en geurmiddels by en kook vir ongeveer 10 minute.
4. Voeg ertjies, sampioene, soetrissie en pietersielie by en kook tot net sag.
5. Skep gegeurde rys op 'n opdienbord of in 'n vorm en bedien saam met lamsrak.



## STICKY, SPICY LAMB SHANKS SPESERY-LAMSKENKELS

30 ml (2 T) olive oil  
2 medium (about 500 g each) lamb shanks  
2 medium onions, coarsely chopped  
2 cloves of garlic, crushed  
3 whole star anise  
1 cinnamon stick  
2 ml (½ t) ground mixed spice  
45 ml (3 T) brown sugar  
250 ml (1 cup) meat stock

1. Heat oil in a heavy-based saucepan. Add shanks and fry until brown. Add onions and garlic and sauté until soft. Add spices, sugar and stock.
2. Simmer for 1 - 2 hours until lamb is tender and starts falling from the bone.

### Tip

Double recipe successful using 4 lamb shanks.

30 ml (2 e) olyfolie  
2 medium (ongeveer 500 g elk) lamskenkels  
2 medium uie, grofgekap  
2 knoffelhuisies, fyngedruk  
3 stukke steranys  
1 kaneelstokkie  
2 ml (½ t) fyn gemengde speserye  
45 ml (3 e) bruinsuiker  
250 ml (1 k) vleisaftreksel

1. Verhit olie in 'n swaarboompan. Voeg skenkels by en braai tot ligbruin. Voeg uie en knoffel by en soteer tot sag. Voeg speserye, suiker en aftreksel by.
2. Prut vir 1 - 2 uur totdat lam sag is en begin om van die been los te kom.

### Wenk

Die resep kan maklik verdubbel word deur 4 skenkels te gebruik.



## DELICIOUS LAMB CURRY GEURIGE LAMSKERRIE

30 ml (2 T) olive oil  
600 g leg of lamb, cut into 2,5 cm cubes  
2 medium onions, chopped  
2 cloves of garlic, crushed  
5 ml (1 t) ground cumin  
15 ml (1 T) curry powder  
375 ml (1½ cups) meat stock  
salt and freshly ground black pepper to taste  
15 ml (1 T) chopped fresh coriander  
or 5 ml (1 t) dried coriander  
2 medium potatoes, peeled  
and quartered  
500 g butternut, cut into large pieces

1. Heat oil in a heavy-based saucepan and fry lamb until brown.
2. Add onions and garlic and sauté for about 2 minutes until soft. Add spices and fry for another few minutes further.
3. Add stock, seasoning and coriander and simmer for about 40 minutes or until lamb is tender.
4. Add potatoes and butternut and simmer for a further 20 minutes until soft. Serve immediately.

### Variation

Substitute butternut with pumpkin or any other vegetables of choice.

30 ml (2 e) olyfolie  
600 g lamsboud, in 2,5 cm-blokkies gesny  
2 medium uie, fyngekap  
2 knoffelhuisies, fyngedruk  
5 ml (1 t) fyn komyn  
15 ml (1 e) kerriepoeier  
375 ml (1½ k) vleisaftreksel  
sout en varsgemaalde swartpeper na smaak  
15 ml (1 e) gekapte vars koljander  
of 5 ml (1 t) droë koljander  
2 medium aartappels, geskil en  
in kwarte gesny  
500 g batterskorsie, groot stukke gesny

1. Verhit olie in 'n swaarboompan en braai lamsblokkies tot bruin.
2. Voeg uie en knoffel by en soteer vir ongeveer 2 minute tot sag. Voeg speserye by en braai vir nog 'n paar minute.
3. Voeg aftreksel, geurmiddels en koljander by en prut vir ongeveer 40 minute of totdat die vleis sag is.
4. Voeg aartappels en batterskorsie by en prut vir 'n verdere 20 minute tot sag. Bedien dadelik.

### Variasie

Vervang batterskorsie met pampoer of enige ander groente van eie keuse.



## LAMB KNUCKLES WITH CHEESY HERB MASH LAMSKENKELS MET KAAS-EN-KRUIE-KAPOKAARTAPPELS

45 ml (3 T) olive oil  
750 g lamb knuckles, cut into slices  
1 medium onion, sliced  
2 cloves of garlic, crushed  
375 ml (1½ cup) meat stock  
30 ml (2 T) chopped fresh thyme  
or 10 ml (2 t) dried thyme  
125 g button mushrooms, halved  
60 ml (¼ cup) sour cream  
15 ml (1 T) cake flour  
salt and freshly ground black pepper to taste

### Mash

4 potatoes, peeled and cubed  
1 clove of garlic, crushed  
about 30 ml (2 T) warm milk  
45 ml (3 T) butter or margarine  
15 ml (1 T) chopped fresh mint  
15 ml (1 T) chopped fresh coriander  
60 ml (¼ cup) grated cheddar cheese  
salt and freshly ground black pepper to taste

1. Heat oil in a heavy-based saucepan and fry lamb until golden brown. Add onion and garlic and sauté for about 2 minutes until soft.
2. Add stock, thyme and seasoning and simmer for about 1½ hours. Add mushrooms and sour cream and simmer further for about 5 minutes. Thicken with flour and water if needed.
3. Mash: Boil potatoes until soft. Mash and add remaining ingredients. Serve warm with lamb.

45 ml (3 e) olyfolie  
750 g lamskenkels, skywe gesny  
1 medium ui, skywe gesny  
2 knoffelhuisies, fyngedruk  
375 ml (1½ k) vleisaftreksel  
30 ml (2 e) gekapte vars tiemie  
of 10 ml (2 t) droë tiemie  
125 g knopiesampioene, gehalveer  
60 ml (¼ k) suurroom  
15 ml (1 e) koekmeelblom  
sout en varsgemaalde swartpeper na smaak

### Kapokaartappels

4 aartappels, geskil en in blokkies gesny  
1 knoffelhuisie, fyngedruk  
ongeveer 30 ml (2 e) warm melk  
45 ml (3 e) botter of margarien  
15 ml (1 e) gekapte vars kruisement  
15 ml (1 e) gekapte vars koljander  
60 ml (¼ k) gerasperde cheddarkaas  
sout en varsgemaalde swartpeper na smaak

1. Verhit olie in 'n swaarboompot en braai lam tot goudbruin. Voeg ui en knoffel by en soteer vir ongeveer 2 minute tot sag.
2. Voeg aftreksel, tiemie en geurmiddels by en prut vir ongeveer 1½ uur. Voeg sampioene en suurroom by en prut vir 'n verdere 5 minute. Verdik met meel en water indien nodig.
3. Kapokaartappels: Kook aartappels tot sag. Druk fyn en voeg die oorblywende bestanddele by. Bedien warm met die lamsvleis.



## TOMATO BREDIE WITH HERB DUMPLINGS TAMATIEBREDIE MET KRUIEKLUITJIES

45 ml (3 T) olive oil  
750 g lamb neck slices, 2 cm thick  
3 medium onions, sliced  
2 cloves of garlic, crushed  
4 medium tomatoes, skinned and chopped  
5 ml (1 t) sugar  
375 ml (1½ cups) meat stock  
salt and freshly ground black pepper to taste  
2 medium sweet potatoes, cut into slices  
150 g green beans

### Dumplings

250 ml (1 cup) self-raising flour  
5 ml (1 t) salt  
15 ml (1 T) butter or margarine  
15 ml (1 T) chopped fresh mixed herbs  
or 5 ml (1 t) dried mixed herbs  
1 extra large egg, beaten  
80 ml (⅓ cup) milk

1. Heat oil in a heavy-based saucepan and fry lamb slices until golden brown. Add onions and garlic and sauté for about 2 minutes until soft.

2. Add tomatoes, sugar, stock and seasoning and simmer for about 1½ hours.

Add sweet potatoes and beans and continue to simmer for a further 20 minutes.

3. Dumplings: Sift flour and salt. Rub in butter until mixture resembles breadcrumbs. Add herbs. Whisk egg and milk and mix lightly into flour until just combined.

4. Place tablespoonfuls on meat in saucepan. Place lid on and leave for about 10 minutes before opening. Serve immediately.

### Variation

Substitute sweet potatoes and beans with any other vegetables of choice.

### Tip

Ensure that there is enough sauce as dumplings soak up some sauce.

45 ml (3 e) olyfolie  
750 g lamsnekskywe, 2 cm dik  
3 medium uie, skywe gesny  
2 knoffelhuisies, fyngedruk  
4 medium tamaties, geskil en fyngekap  
5 ml (1 t) suiker  
375 ml (1½ k) vleisaftreksel  
sout en varsgemaalde swartpeper na smaak  
2 medium soetpatats, skywe gesny  
150 g groenboontjies

### Kluitjies

250 ml (1 k) bruismeel  
5 ml (1 t) sout  
15 ml (1 e) botter of margarien  
15 ml (1 e) gekapte, vars gemengde kruie  
of 5 ml (1 t) droë gemengde kruie  
1 ekstragroot eier, geklits  
80 ml (⅓ k) melk

1. Verhit die olie in 'n swaarboompot en braai lamskywe tot goudbruin. Voeg uie en knoffel by en soteer vir ongeveer 2 minute tot sag.

2. Voeg tamaties, suiker, aftreksel en geurmiddels by en prut vir ongeveer 1½ uur. Voeg soetpatats en boontjies by en prut vir 'n verdere 20 minute.

3. Kluitjies: Sif bruismeel en sout. Vryf die botter in tot die mengsel soos broodkrummels lyk. Voeg kruie by. Klits die eier en melk en meng liggies by die meel tot net gemeng.

4. Plaas eetlepelsvol deeg bo-op die vleis in die pot. Plaas die deksel op vir ongeveer 10 minute voor dit oopgemaak word. Bedien dadelik.

### Variasie

Vervang soetpatats en boontjies met enige ander groente van keuse.

### Wenk

Maak seker dat daar genoeg sous is, aangesien die kluitjies baie van die sous absorbeer.





## CREAMY THICK RIB STEW ROMERIGE DIKRIB-STOWEGEREG

60 ml (¼ cup) olive oil  
6 lamb thick rib chops  
2 medium onions, coarsely chopped  
3 cloves of garlic, crushed  
10 ml (2 t) paprika  
375 ml (1½ cups) lamb or beef stock  
10 ml (2 t) sugar  
salt and freshly ground black pepper to taste  
200 g green beans  
½ butternut, peeled and cut into 3 cm cubes  
60 ml (¼ cup) cream

1. Heat oil in a heavy-based saucepan and fry lamb chops until golden brown.
2. Add onions and garlic and sauté until soft. Add paprika and fry lightly. Add stock, sugar and seasoning.
3. Bring to the boil, cover and reduce heat. Simmer for about 30 minutes or until lamb is tender.
4. Add beans and butternut and simmer further for 20 minutes. Add sour cream or yoghurt if variation is made and stir through. Serve immediately.

### Variation

Add 60 ml (¼ cup) plain yoghurt.

60 ml (¼ k) olyfolie  
6 dikrib-lamtjops  
2 medium uie, grofgekap  
3 knoffelhuisies, fyngedruk  
10 ml (2 t) paprika  
375 ml (1½ k) lams- of beesvleisaftreksel  
10 ml (2 t) suiker  
sout en varsgemaalde swartpeper na smaak  
200 g groenbone  
½ botterskorsie, geskil en in 3 cm-blokke gesny  
60 ml (¼ k) cream

1. Verhit olie in 'n swaarboomkastrol en braai die lamtjops tot goudbruin.
2. Voeg die uie en knoffel by en soteer tot sag. Voeg die paprika by en braai liggies. Voeg aftreksel, suiker en geurmiddels by.
3. Bring tot kookpunt, bedek en verlaag hitte. Prut vir ongeveer 30 minute of totdat die lamsvleis sag is.
4. Voeg bone en botterskorsie by en prut verder vir 20 minute. Voeg suurroom of jogurt indien variasie gekies is by en roer deur. Bedien onmiddellik.

### Variasie

Voeg 60 ml (¼ k) jogurt by.



# Use of primary cuts / Gebruik van primêre snitte

**Leg** The leg can be kept whole for pot-roasting with or without the bone. Debone the leg to butterfly or make a roll with stuffing (optional). Cubes (2,5 cm) can be cut for kebabs or other dishes. Make a Leipoldt-ham, which is a mook ham (follow a process similar to pork ham).



**Chump** Chump chops can be grilled or roasted.



**Flank & breast** Debone and cut into a rectangular shape made into a roll. Rolls can be pot-roasted or cooked in aluminium foil. Salted ribs can be prepared from the rib portion, or cubes (2,5 cm) can be used for casseroles and stews. Deboned lamb breast, cut into wide strips (2,5 cm), is ideal for concertina kebabs.



**Loin** The loin can be oven roasted or chops can be cut for grilling. Alternatively, the loin can be deboned, rolled and secured with skewers. Cut through the meat between the skewers to make Saratoga chops for grilling, or remove the eye muscle, tie with a string at 2,5 cm intervals and cut through the string to make noisettes.



**Rib** The rib ends of a whole rib of lamb can be Frenched (this is remove all cartilage, fat and meat from the first 2,5 cm of the rib ends) and used for oven roasts such as a rack or crown roast. Rib chops can be cut for grilling.



**Thick rib** Thick rib lamb chops are mostly grilled, while thick rib mutton chops are braised. Mutton can also be cut into cubes for stews while lamb cubes can be used for kebabs.



**Shoulder** Deboned and rolled, the lamb shoulder can be oven-roasted while the mutton shoulder should be pot-roasted. Debone and butterfly this cut for oven-roasting or grilling over the coals. Cubed meat can be used for kebabs.



**Neck** Use slices for potjiekos or a braised dish. Serve a tender, whole neck as a special treat.



**Shin/shank** Cubes can be cut for kebabs and sliced shin is ideal for braises and stews. Serve whole lamb shanks at special occasions.



**Boud** Die boud kan heel, met of sonder die been, potgebraai word. Ontbeende boud kan gerol of gevlek word. Sny blokkies (2,5 cm) vir kebabs of ander disse. Maak 'n Leipoldt-ham of 'n kammaham deur dit voor te berei soos die ham van 'n vark.

**Kruis** Kruistjops kan gebraai of gerooster word.

**Bors & lies** Ontbeen en sny die snit reghoekig vir 'n rol. Rolle kan potgebraai word of in aluminiumfoelie gaargemaak word. Soutribbetjies kan van die rib berei word of blokkies (2,5 cm) kan vir bredies en stowegeregte gebruik word. Ontbeende lamsbors wat in repies (2,5 cm) gesny is, is geskik vir konsertinasosaties.

**Lende** Oondrooster die lende of sny braaitjops. Ontbeende lende kan ook gerol word en met vleispenne vasgesteek word. Sny dan deur die vleis tussen die penne om Saratoga-braaitjops te maak. Die oogspier kan ook verwyder word en op 2,5 cm intervalle met 'n touthie vasgemaak word. Sny skywe tussen die touthies vir noisettes.

**Rib** Verwyder al die kraakbeen, vet en vleis van die eerste 2,5 cm van die punte van 'n heel ribbetjie (Franse styl) en gebruik dit vir oondgeroosterde lamsrak of -kroon. Ribtjops kan gebraai word.

**Dikrib** Dikrib-lamstjops word gewoonlik ge-braai, terwyl dikrib-skaaptjops eerder gestowe word. Skaapvleisblokkies is gepas vir bredies, terwyl lamsblokkies goed werk vir sosaties.

**Skouer** Ontbeende, gerolde lamsblad kan oondgerooster word, terwyl skaap beter is vir potbraai. Ontbeen en vlek hierdie snit vir oondrooster of om oor die kole te braai. Blokkies kan vir sosaties gebruik word.

**Nek** Gebruik skywe vir potjiekos of 'n stowegereg. Sagte, heel nek is baie gewild.

**Skenkel** Blokkies werk goed vir sosaties en skenkelskywe is ideaal vir stowegeregte en bredies. Heel lamskenkel is baie gewild.

# Lamb cuts/Lamsnitte

Secondary cuts  
Sekondêre snitte

Primary cuts  
Primêre snitte

Primary cuts  
Primêre snitte

Secondary cuts  
Sekondêre snitte



1 Leg / Boud



2 Chump / Kruis



3 Flank / Lies



4 Loin / Lende



5 Rib



6 Breast / Bars



9 Neck / Nek



7 Thick Rib / Dikrib



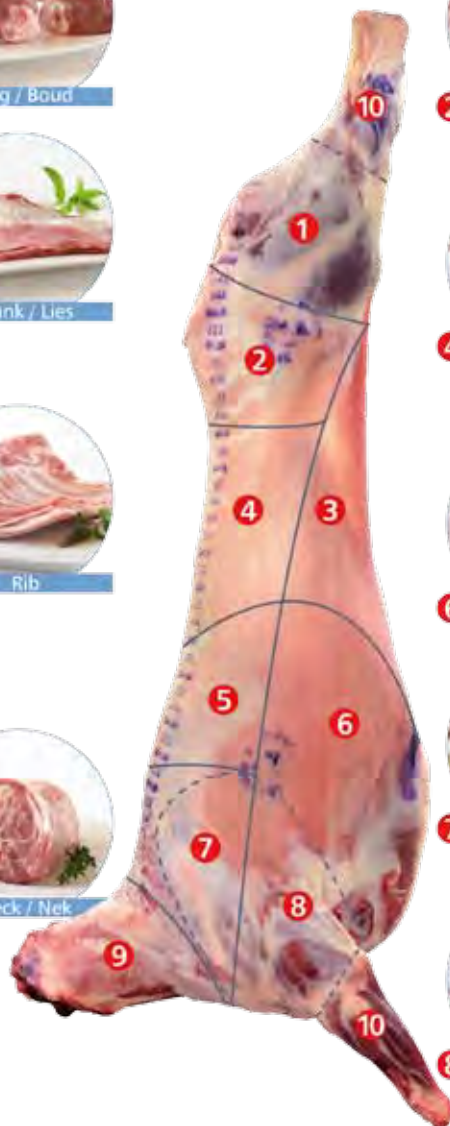
8 Shoulder / Skouer



8 Shoulder / Skouer



10 Shin / Skenkel



# Lamb & Mutton South Africa

Translating current science into consumer friendly messages.



# Skaapvleis Suid-Afrika

Die nuutste wetenskaplike bevindings in verbruikerstaal.

## THE SA RED MEAT CLASSIFICATION SYSTEM FOR LAMB, MUTTON, BEEF AND GOAT DIE SUID-AFRIKAANSE ROOIVLEISKLASSIFIKASIESTELSEL VIR LAM, SKAAP, BEES EN BOK

CARCASS AGE KARKASOUDERDOM	<b>A</b>	(purple AAA roller mark) / (pers AAA rolmerk)	Flavour/Geur Tenderness/Sagtheid
	<b>AB</b>	(green ABAB roller mark) / (groen ABAB rolmerk)	
	<b>B</b>	(brown BBB roller mark)/(bruin BBB rolmerk)	
	<b>C</b>	(red CCC roller mark) / (rooi CCC rolmerk)	
		Very young animal: 0 permanent teeth / Baie jong dier: 0 permanente tande	
		Young animal: 1 - 2 permanent teeth / Jong dier: 1 - 2 permanente tande	
		Older animal: 3 - 6 permanent teeth / Ouer dier: 3 - 6 permanente tande	
		Old animal: > 6 permanent teeth / Ou dier: > 6 permanente tande	

All goat carcasses are roller-marked in orange according to the age of the animal / Alle bokkarkasse word in oranje gerolmerk met inagneming van die ouderdom van die dier (AAA, ABAB, BBB of CCC).



[www.healthymeat.co.za](http://www.healthymeat.co.za)



Healthy Meat



HealthymeatZA



Educational videos on channel:  
Lamb and Mutton South Africa

SUPPORTED BY THE RED MEAT INDUSTRY OF SOUTH AFRICA  
ONDERSTEUN DEUR DIE ROOIVLEISBEDRYF VAN SUID-AFRIKA

