



Lamb Recipes

**Ranch-Inspired
Flavors and Foods**



Lamb has long been associated with Springtime: It is eaten during spring holidays like Easter and Passover, and they are typically born during this season making them readily available. When the long and cold winter finally ends and spring is in bloom, lamb recipes jump to greet us! Really any time is good for this deliciously rich meat. For more information on which cut to choose, visit www.carsonvalleymeats.com/the-springtime-guide-to-lamb.

Enjoy!

www.CarsonValleyMeats.com/shop/



4



5



6



7



8



9

Contents

Slow Cooked Lamb Shanks with Red Wine Sauce.....	4
Roast Leg of Lamb with Rosemary and Lavender	5
Lamb Chops Sizzled with Garlic	6
Slow Cooker Lamb Shoulder Chops.....	7
Juicy Lamb Steaks	8
Lamb Meatballs with Garlic and Cumin.....	9

Slow-Cooked

Lamb Shanks

with Red Wine Sauce

Ingredients

4 **Carson Valley Meats** lamb shanks, 13 oz.
1 tsp. each salt and pepper
2 - 3 tbsp. olive oil, separated
1 cup onion, finely diced
3 garlic cloves, minced
1 cup carrot, finely diced

1 cup celery, finely diced
2 1/2 cups red wine, full bodied
28 oz. can crushed tomatoes
2 tbsp. tomato paste
2 cups chicken stock, low sodium
5 sprigs of thyme, or 2 tsp dried thyme
2 dried bay leaves

Method

1. Preheat the oven to 350F.
2. Pat the lamb shanks dry and sprinkle with salt and pepper.
3. Heat 2 tbsp of olive oil in a heavy based pot over high heat. Sear the lamb shanks in 2 batches until brown all over, about 5 minutes.
4. Remove lamb onto a plate and drain excess fat from the pot.
5. Turn the heat down to medium low. Heat remaining 1 tbsp of olive oil in the same pot, if needed. Add the onion and garlic, cook for 2 minutes.
6. Add carrot and celery. Cook for 5 minutes until onion is translucent and sweet.
7. Add the red wine, chicken stock, crushed tomato, tomato paste, thyme, and bay leaves. Stir to combine.
8. Place the lamb shanks into the pot, squeezing them in to fit so they are mostly submerged.

9. Turn stove up, bring to a simmer. Cover, then transfer to the oven for 2 hours.
10. Remove from oven, remove lid, then return to the oven for another 30 minutes. Check to ensure lamb meat is tender, if not, cover and keep cooking. Ideal is tender meat but still just holding onto bone.
11. Remove lamb onto plate and keep warm. Pick out and discard bay leaves and thyme.
12. Strain the sauce into a bowl, pressing to extract all sauce out of the veggies. Pour strained sauce back into pot.
13. Bring to simmer over medium heat and reduce slightly to a syrupy consistency. Add salt and pepper to taste.
14. Serve the lamb shanks on mashed potato or cauliflower puree with plenty of sauce! Garnish with thyme leaves if desired.

Adapted From Recipe Tin Eats





Roast Leg of Lamb

with Rosemary and Lavender

Ingredients

1/4 cup plus 2 tbsp. extra-virgin olive oil
1/4 cup minced rosemary
3 tbsp. minced fresh lavender leaves
4 garlic cloves, grated
One **Carson Valley Meats** 3 1/2 lb. boneless leg of lamb

Kosher salt
Freshly ground black pepper
6 medium shallots, thinly sliced
1/2 cup pitted Medjool dates, thinly sliced
1 tsp. **Misbeehaven Farm** honey
1/4 cup apple cider vinegar

Method

1. Preheat the oven to 450°. In a small bowl, whisk 1/4 cup of the olive oil with the rosemary, lavender, and garlic. Season the lamb all over with salt and pepper.
2. Rub half of the herb oil all over the inside of the lamb, then roll up the meat and tie with kitchen string to form a neat roast. Spread the remaining herb oil all over the roast and set it on a rimmed baking sheet.
3. Roast the lamb for about 15 minutes, until just starting to brown. Reduce the oven temperature to 375° and roast the lamb for about 1 hour longer, until an instant-read thermometer inserted in the thickest part registers 130° for rare meat.
4. Transfer the lamb to a carving board and let rest for 30 minutes.
5. Meanwhile, in a medium saucepan, heat the remaining 2 tablespoons of olive oil until shimmering. Add the shallots, dates, honey, and a pinch of salt and cook over moderate heat, stirring occasionally, until the shallots are softened, about 7 minutes.
6. Add the vinegar and cook, stirring occasionally, until most of the liquid has evaporated and the jam is thick, 3 to 5 minutes; season with salt and let cool.
7. Untie the lamb roast and slice the meat against the grain. Serve with the shallot-date jam.

Adapted From Food and Wine

Lamb Chops

Sizzled with Garlic

Ingredients

- 8 ½ in. thick **Carson Valley Meats** lamb loin chops
- Salt and freshly ground pepper
- Dried thyme
- 3 tbsp. extra-virgin olive oil
- 10 small garlic cloves, halved
- 3 tablespoons water
- 2 tbsp. fresh lemon juice
- 2 tbsp. minced parsley
- Crushed red pepper

Method

1. Season the lamb with salt and pepper and sprinkle lightly with thyme. In a very large skillet, heat the olive oil until shimmering. Add the lamb chops and garlic and cook over moderately high heat until the chops are browned on the bottom, about 3 minutes.
2. Turn the chops and garlic and cook until the chops are browned, about 2 minutes longer for medium meat. Transfer the chops to plates, leaving the garlic in the skillet.
3. Add the water, lemon juice, parsley and crushed red pepper to the pan and cook, scraping up any browned bits stuck to the bottom, until sizzling, about 1 minute.
4. Pour the garlic and pan sauce over the lamb chops and serve immediately.

Adapted From Food and Wine





Slow Cooker

Lamb Shoulder Chops

Ingredients

- 6 large **Carson Valley Meats** bone-in lamb shoulder chops 4 lb.
- 1 tsp. **Diamond Crystal** kosher salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. cumin
- ½ tsp. dried rosemary

Method

1. Combine the spices in a small bowl.
2. Place the lamb shoulder chops in your slow cooker, in three layers of two chops. Sprinkle each layer with a third of the spice mixture. Cover and cook on low for 6 hours.
3. Remove the chops to a foil-lined baking sheet, arranging them on the baking sheet in a single layer. Set the oven to broil on high (500 degrees F) and position an oven rack 4 inches below the broiling element.
4. Carefully strain the cooking juices from the slow cooker pan into a heatproof glass jar or measuring cup.
5. Briefly broil the chops to brown and crisp up the fat, 1-2 minutes. Keep an eye on them so that they don't burn.
6. Transfer the chops to dinner plates. Serve them, if desired, with small bowls of the strained cooking juices for dipping.

Adapted From Healthy Recipe Blogs

Juicy Lamb Steaks

A top-down photograph of two cooked lamb steaks resting on a dark grey slate platter. The steaks are browned and have a visible bone. They are garnished with fresh green herbs, including sprigs of thyme and rosemary. Scattered around the steaks are small, reddish-brown spices, possibly crushed red pepper or paprika. In the bottom left corner, a single bright red tomato sits on the slate. The background is a dark, textured surface, and a small glass jar containing yellow oil is visible in the top left corner.

Ingredients

2 thick **Carson Valley Meats** lamb steaks, 8-10 oz. each
1/2 tbsp. vegetable oil
salt and pepper to taste for seasoning
1 cup of a dark ale with mild character such as a porter
2 tbsp. vegetable oil
1 star anise
1 tsp. yellow curry
1 tsp. cumin
1 tsp. garlic powder
1/2 tsp. cinnamon
1 tsp salt
1/2 tsp. pepper

Method

1. In a bowl mix all the ingredients except for the ale. Slowly add the ale and whisk until smooth.
2. Cover the lamb steaks with marinade. Use an airtight container or plastic bag. Refrigerate for 3-4 hours. Use any marinade you'd like.
3. Heat an outdoor grill to high or a grilling skillet or cast-iron skillet over medium-high heat. Lightly oil the grate or the surface of the pan.
4. Remove the lamb steaks from the marinade and discard it. Pat them dry and season each side with salt and pepper.
5. Place on the grill surface or grilling pan or skillet and cook each side for 4 minutes for medium-rare (125-130 F) and 5 minutes for medium (135 F).
6. Remove from the heat and let rest (you may cover them loosely with foil) for 5 minutes before serving.

Adapted From Craft Beer

Lamb Meatballs

with **Garlic**
and **Cumin**



Ingredients

- 1 lb. **Carson Valley Meats** ground lamb
- 2 tablespoons Greek yogurt or sour cream
- 1 tbsp. minced fresh garlic
- 1 tsp. **Diamond Crystal** kosher salt
- ½ tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. ground cumin
- ½ cup chopped cilantro
- 2 tbsp. olive oil

Method

1. In a medium bowl, mix all the ingredients except for the oil.
2. Using a 1.5-tablespoon cookie scoop, scoop out even portions of the mixture into a plate. I usually end up with 16 meatballs.
3. With wet hands for easier handling, shape each portion into a round meatball.
4. Heat the olive oil in a very large, 14-inch, lidded skillet over medium-high heat until the oil shimmers and becomes fragrant, about 2 minutes.
5. Add the meatballs in a single layer and cook, turning frequently, until golden brown, 5 minutes. If oil becomes too hot, lower the heat to medium.
6. Add ¼ cup of water to the bottom of the skillet. Cover with the lid and cook the meatballs until cooked through, about 2-3 more minutes. Internal temperature should be 160° F.
7. Remove the meatballs from the skillet to a serving plate using a slotted spoon. Serve immediately.

Adapted From Healthy Recipes

Visit

CarsonValleyMeats.com

to learn more about
our Ranch Boxes
and our efforts
to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

© 2022 Carson Valley Meats



  @CarsonValleyMeats