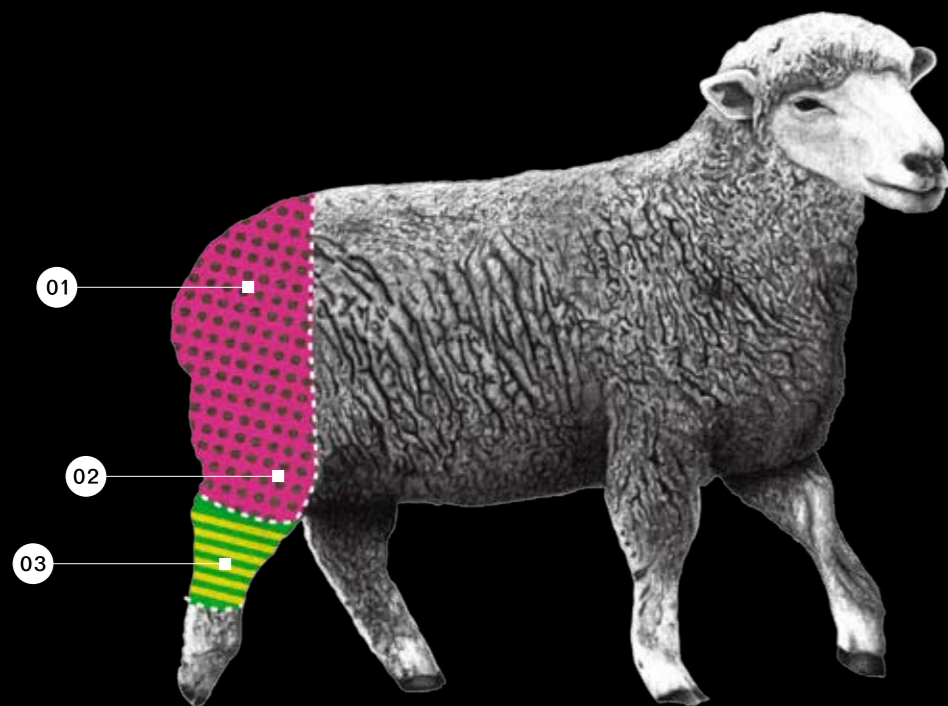




LAMB
MasterpiecesTM
VOLUME 02

Lamb Cuts



Leg — Knuckle — Hindshank

01

02

03

What do Andy Warhol and a lamb Leg have in common? More than you might think, actually. Just like the pop art genre itself, this edition of **Lamb Masterpieces** explores how the seemingly ubiquitous Leg of lamb can be elevated to new heights, just by changing our perceptions and the context of how we look at it.

Not just the domain of the home chef (not that there's anything wrong with nan's Sunday roast), in the right hands, Legs can in fact, be sexy. Exotic even. Around the world, different cuts and preparations of lamb Leg are celebrated in more ways than the spots in Litchenstein's *Drowning Girl* — from marinated and flash grilled Japanese *negimaki* and Korean *bulgogi*, to smoky jewels fresh from the South American parilla, served with bright and vinegary chimichurri. The Turkish favour hand dicing it for *sogan kebabi*, a chopped lamb and onion kebab glazed with pomegranate molasses, while the Chinese Uighurs blend their rich background of Asian and Middle Eastern cultural influences into a heady mix of earthy cumin, sweet oyster sauce and chilli flakes, to make a traditional dish called *chua*.

Volume 02 of **Lamb Masterpieces** picks up where our first issue left off, giving lesser known (yet equally superb) cuts their time in the sun. Not only does **Lamb Masterpieces** deliver on sustainability by encouraging us to use the whole beast, but lower plate costs benefit your bottom line too... and isn't a sustainable business the ultimate expression of the word?

In this issue, we look at the Leg, both as a Butterflied and an Easy Carve, as well as broken into the Knuckle and Hindshank with inspiring results. From the humble (and glorious) roast, to charcoal scented grills, slow braises and even raw potential, the only thing limiting the lamb Leg is your own creativity.

We hope you'll find something between these covers that inspires you to explore the possibilities and just remember — all you have to do is leg it!

Viva la Masterpieces Revolution!

Meat & Livestock Australia

EASY CARVE LEG of LAMB

ITEM #4821

DESCRIPTION

An Easy Carve Leg can be prepared from a lamb Leg — Chump On or Off (ITEM #4800). Remove the rump bone (Chump On) and the aitch bone, then follow the seam between the Knuckle and Topside and carefully remove the Knuckle. Next remove the Leg bone at the knee joint leaving the Shank intact with the remainder of the Leg muscles (Topside, Silverside and Shank). The image above shows an Easy Carve lamb Leg Chump On.



PREPARATION OF CUT

The Leg is evenly rolled and trussed or netted. The Shank is frenched and tipped to a specified length and the cut is trimmed of excess fat.

ORDERING AND PURCHASING INFORMATION

- » Specify the frenching required as well as the length of the bone
- » Specify surface fat trim level
- » Recommended cooking methods: roast, thin sliced, grill (on rotisserie)
- » Item weight range: 1.5kg

FURTHER CONSIDERATION

The Easy Carve Leg of lamb is perfect for a thin slice — because of its round shape; it slices with a consistent profile. Partially freeze to stabilise the Easy Carve on the slicing wheel and use the Shank bone as a grip.

ITEM #4821



BUTTERFLIED LEG of LAMB

DESCRIPTION

A Butterflied Leg of lamb is prepared from a Leg — Chump On (ITEM #4800) by removing the Chump, the aitch bone, the Leg and the Shank bones.

PREPARATION OF CUT

Once the bones are removed, the three muscles; the Topside, the Silverside and the Leg are then 'butterflied' further so that the whole piece of meat is even and no thicker than an inch.

ORDERING AND PURCHASING INFORMATION

- » Specify surface fat trim level
- » Recommended cooking methods: roast, diced for braise or kebabs, pan fry/grill
- » Item weight range: 1.2kg

FURTHER CONSIDERATION

- » To prepare the Butterflied Leg for marinating, score the meat's surface.



GLOBAL FLAVOURS

Already very well-known lamb cuts in foodservice, the Easy Carve Leg of lamb and Butterflied Leg of lamb are very versatile and can be used across all seasons and many menus. Both are famous for their roasting potential however they can also be diced, grilled, thin sliced and are lean enough to be served raw.

The most quintessential cook method for an Easy Carve Leg is roasting. Baste with any pan juices during the roasting period and rest before carving to relax the meat fibres. For the carvery the Easy Carve Leg of lamb lives up to its name. It has a perfect circular plate profile that keeps its uniform shape during carving and the Shank bone can be used to hold its positioning on the board. Flavourful and tender, the Easy Carve Leg can be stuffed with herbs, spices and other ingredients and trussed to hold shape.

When thin slicing the Easy Carve Leg for dishes such as the Japanese *negimaki*, Korean lamb *bulgogi*, hot pot cooking and stir frying, partially freeze the Easy Carve to stabilise the fibres before putting it on the slicing wheel. When cooking thin slice, brush the meat with marinade that way the spices are grilled along with the meat, drawing out fragrance and caramelising in situ.

Slow roasting on a rotisserie grill keeps the Easy Carve Leg tender and moist, while adding so many flavours. Marinate the Leg in lemon, garlic, and herbs like rosemary and coriander. The marinade should also contain enough vinegar to help carry the flavours deep into the meat. Make sure you baste regularly.

If grilling on a Uruguayan *parilla*, let the lamb speak for itself by only salting and letting the wood of the *parilla* impart flavour. Serve with traditional accompaniments such as *chimichurri*.

Because of its inch thickness, the Butterflied Leg of lamb is perfect for the grill. Trim excess fat before cooking and baste with juices or marinade to keep moist. There are so many cuisines that grill lamb to perfection. In Turkey, lamb Leg is hand chopped, using a *zir*. Hand chopping allows the chef to have control over the meat's texture, which should hold together on the skewer but crumble under fork. The hand cut Leg is then shaped onto a skewer for *sogan kebabi*, chopped lamb and onion kebab glazed with pomegranate molasses. In Jamaica, Butterflied Leg often served with a refreshing mango relish — the roast is kept simple while the relish is spicy, peppered with habanero chillies.

In the Xinjiang province in western China, the Muslim population, the Uighurs, favour lamb. Tender pieces of cubed lamb Leg are marinated in earthy cumin, sweet oyster sauce and chilli flakes before being grilled in a classic dish called *chua*.

The Butterflied Leg of lamb is lean enough to be served raw such as in the Levantine dish, *kibbeh nayyeh*. *Kibbeh nayyeh* is a hand cut lamb Leg dish frequently served as part of a *meze* in Syria and Lebanon, garnished with mint leaves and olive oil, and served with green peppers, scallions and pita.

RECOMMENDED COOK METHOD

ROAST:

Keep some fat cover to ensure the roast doesn't dry out during cooking. Sear in a hot pan or moderate oven and slow roast to prevent excess weight loss. Covering in a crust or wrapping with bacon or prosciutto can assist in reducing moisture loss as well as adding flavour. Roast to medium rare and rest to relax the meat fibres.

PAN FRY/GRILL:

Leave some fat for flavour and juiciness. Score any silver skin to assist the cooking process. Cook in a hot pan or grill, basting with a sauce or dry spices. To ensure the fat and meat is cooked through, finish in an oven. If diced, marinate or lightly coat in cornflour to prevent drying out during cooking. Based during grilling and cook to medium rare.

THIN SLICE:

To use for poaching in steam boats and broths, chill the Easy Carve Leg to stabilise the fibres then slice very thinly on a slicing wheel.

MENU APPLICATIONS

- Roasted Easy Carve for Rotisserie or Carvery
- Potted Lamb or Lamb Rillettes
- Lamb Shawarma
- Grilled Lamb with Light Salad
- Braised Lamb Steaks
- Stuffed, Rolled and Roasted Butterflied Leg of Lamb
- Singapore Lamb Noodles
- Kibbeh Nayyeh
- Lamb Miso-Nabe

Roast Lamb Leg, with Potato and Parsnip Gratin and Heirloom Carrots

Serves
6

METHOD

LAMB

1. Trim the excess sinew and fat and cut into 160g–180g portions that can be rolled up. Roll into log shapes and truss.
2. Marinate mini roasts in garlic, herb and olive oil for at least 3 hours.
3. When ready to cook, remove mini roasts from marinade, season, and then gently seal in a pan until coloured all over. Once sealed, place in a hot oven and roast for a further 7–10 minutes (*for medium rare*) or until done to your liking.
4. Remove from roasting pan, transfer to a resting tray and leave to rest for 10 minutes.
5. Make a jus with the roasting pan juices.
6. Peel carrots and fry off in butter for 5 minutes. Add half the stock and simmer for 15 minutes. Add remaining stock and simmer for a further 15 minutes, or until tender.
7. Blitz with stick blender and season to taste.

PARSNIP AND POTATO GRATIN

1. Take a small baking dish, copper pan or ceramic casserole, just large enough to contain the sliced potatoes.
2. Brush the dish with melted butter.
3. Layer the sliced potatoes, slightly overlapping, in a circular motion.
4. After 2 layers, sprinkle parsnip and pecorino evenly then season with sea salt and pepper.
5. Continue with the potato, parsnip and pecorino until it reaches just below the top of the dish.
6. Season the potatoes once finished layering, add a good drizzle of melted butter and pour over the cream.
7. The cream should just cover the potatoes.
8. Add a touch more pepper.
9. Bake at 140°C for about 1 hour.
10. Set aside.

HERB CRUMBLE TOPPING FOR GRATIN

1. Place the bread in a food processor until it forms a coarse crumb.
2. Add rosemary and parsley and process for 30 seconds. Set to one side.
3. Cut the gratin with a ring cutter, place on a baking tray then sprinkle the crumble mix over the top. Gently heat under a griller for 6–8 minutes.

INGREDIENTS

1 Butterflied Leg of lamb, Chump On
garlic and herb olive oil
salt and pepper
1kg heirloom carrots
— for purée and left whole
olive oil
garlic, thinly sliced
30g butter
2/3 cup stock

POTATO AND PARSNIP GRATIN

500g Royal Blue potatoes,
peeled and slice on a mandolin
1/8cm thick
150g parsnip, grated
250g Pecorino cheese, grated
30g unsalted butter, melted
150–250ml cream
sea salt
white pepper, freshly ground

HERB CRUMBLE TOPPING

400g day old ciabatta bread,
crust removed
1 tbsp rosemary, chopped
2 tbsp parsley, chopped

RECIPE BY

Brad Leahy

**Bluewater
Grill**

WA

TO • SERVE

Swirl some carrot purée on the plate and place sliced lamb on top.

Place a portion of whole heirloom carrots on the side along with a parsnip gratin.

Add some steamed broccolini dressed in olive oil and carefully pour lamb jus around plate.



INGREDIENTS

MOORISH LAMB

salt solution } 1 cup table salt
with 1L cold water

4 tbsp extra virgin olive oil
1.2kg diced lamb Leg
(about 200g each) all fat
and sinew removed, seasoned
black pepper, freshly ground
1 onion, finely chopped
3 garlic cloves, chopped
1 small carrot, finely diced
1 cinnamon stick
1/2 tsp toasted ground cumin seeds
small pinch of saffron; 4 threads
1 tbsp preserved lemon, diced
100ml beef stock

RAISIN PASTE

1/2 cup raisins
100ml Spanish sherry

ZUCCHINI PINE NUT SALAD

1 medium zucchini, ribbioned
with a peeler
1 tsp coriander, chopped
1 tsp mint, chopped
1 long sweet red chilli, finely sliced
1 lime, juiced and 1/2 zest
1 shallot, finely sliced
1/2 tsp coriander seeds,
dry toasted
1/2 cup pinenuts, toasted
1 tsp orange blossom water
sea salt
black pepper, freshly ground

PINEAPPLE HARISSA

At *The Firehouse*, our hot sauce is
a concoction of 2 of our favourite
spicy dressings — 2/3 red harissa
and 1/3 pique sauce

RED HARISSA

1 red pepper whole, roasted,
peeled and seeded
10-15 dried red chillies, seeded
10 small bullet chillies, seeded
2 garlic cloves
1/2 tsp sea salt
1 tsp cumin seeds, roasted
and crushed
3/4 tsp caraway seeds, roasted
and crushed
60ml olive oil

PIQUE SAUCE

4 cups water
2 pineapple skins
2 pineapples, flesh fine diced
without the core
8 tiny green hot peppers
4 tiny red hot peppers
1 garlic clove
1 oregano sprig
1 tsp black pepper,
freshly cracked
1/2 tsp sugar
pinch of salt
2 tbsp extra virgin olive oil

Burek bread

Potted Moorish Lamb, Pineapple Harissa and Zucchini and Pine Nut Salad

METHOD

LAMB

1. Preheat oven to 120°C.
2. Place diced lamb into a container of salt brine for 5 minutes then drain well and pat dry with paper towel.
3. Heat the extra virgin olive oil in a frying pan over moderate heat, season the lamb with freshly ground black pepper and pan fry 3–4 minutes.
4. In the same frying pan, add the onions, garlic, carrot, cinnamon, cumin to the pan. Fry for about 10 minutes until the onion is soft and browned.
5. Add the beef stock, preserved lemon, saffron and bring to a simmer.
6. Transfer to an ovenproof casserole dish and bake for 2 hours.

RAISIN PASTE

1. Soak raisins for 20 minutes in sherry.
2. Place in a processor and process until smooth.
3. Cool and place in piping bag.

ZUCCHINI PINE NUT SALAD

Prepare all ingredients ready to combine the salad, be sure to construct as your last preparation.

Serves

6

TO • SERVE

Heat the Moorish lamb slightly to about 60°C and fill individual serving dishes leaving 5ml from the top. Pipe the raisin paste evenly on top and place in the oven for 15 minutes at 150°C.

Construct the salad during this cooking time.

Present all components on your serving plate and enjoy.

RECIPE BY

**David Dungan
& Antony
Henare**
**The Firehouse
VIC**

RED HARISSA

1. Pour boiling water over dried chillies to rehydrate for 10 minutes, then seed and stem.
2. Crush the garlic with the salt.
3. Place all ingredients in processor and process to a smooth paste.

PIQUE SAUCE

1. Bring water and pineapple skins to simmer for 10 minutes.
2. Remove skins from liquid and discard. Retain liquid.
3. Stir the rest of the prepared ingredients though the liquid.
4. Place in a glass jar and be sure the lid is sealed well.
5. Leave to ferment in a warm place for approximately 6 days before it is ready for use.

To make PINEAPPLE HARISSA, combine 2/3 of the red harissa with 1/3 pique sauce. Set aside.





Serves

6 – 8

INGREDIENTS

1 Butterflied Leg of lamb
(yields 1.8kg–2.3kg)

MARINADE

100ml freshly squeezed
lemon juice
100ml extra virgin olive oil
6 garlic cloves, chopped
2 stems rosemary,
leaves picked
cracked black pepper

GARNISH

sea salt
100g roasted garlic aioli
20g baby capers, drained
sourdough croutons
100g small rocket leaves,
stems picked
1 lemon, cut into wedges

METHOD

LAMB

1. Trim all sinew and excess fat from the Butterflied Leg. Be careful not to cut into the lamb as it could result in the muscles separating.
2. Lay the leg meat flat and cut in half both ways to yield four pieces — each being 400g–500g (*enough for four people*).
3. Place the lamb in a stainless or plastic container. Combine the lemon juice, olive oil, garlic, rosemary and pepper and pour over the lamb. Allow to marinate at room temperature for two hours (*no longer as the lemon juice will cook the lamb*).
4. Pre-heat a grill (*wood or charcoal fired is preferred*). Remove the lamb from the marinade and season with salt, reserve the marinade.
5. Grill the lamb for 6–8 minutes each side, brush with the reserved marinade while it is cooking. Allow the lamb to rest for 10 minutes before slicing.

SOURDOUGH CROUTONS

Cut the crust from a few slices of good sourdough. Tear the flesh and shallow fry in olive oil with a little garlic until golden. Season with sea salt and serve fresh.

Grilled Lamb Leg, Rocket, Capers and Lemon

TO • SERVE

Slice the lamb across the grain and present on a platter. Drizzle the aioli over the lamb (*piping bag helps*), sprinkle the capers, croutons and rocket leaves. Serve with cheeks of lemon.

RECIPE BY

Damian Heads
NSW

Braised Lamb Steaks in Spicy Coconut Sauce

INGREDIENTS

1.5kg lamb Leg, bone in, sliced into 1 1/2 inch thick steaks
2 onions, diced
salt to taste
2 tbsp tomato paste
400g peeled whole tomatoes, chopped
1 cup coconut milk
2 tsp coriander leaves, chopped
2 tsp tamarind juice
3 cups lamb stock

SPICE POWDER

6 garlic cloves
4 cardamom seeds, cracked
1 cinnamon quill, broken
1/2 tsp fennel seeds
1/2 tsp cumin seeds
3 tsp coriander seeds

CURRY PASTE

5 red chillis, chopped
2 tsp garlic, crushed
2 tsp ginger, crushed
6 curry leaves
1 tsp ground turmeric
1/2 cup coconut, grated
1 cup oil

METHOD

LAMB STEAK

1. Mix a little oil with some garlic, ginger and a touch of turmeric powder and marinate lamb steaks for half an hour.
2. Heat a pan and seal steak on both sides. Set aside.

SPICE POWDER

1. Heat a pan; add cardamom seeds, cinnamon, fennel, cloves, cumin and coriander seeds.
2. Roast spices for a short time tossing continuously until the spices become aromatic.
3. Let it cool down. Grind to a fine powder. Keep aside.

CURRY PASTE

Put chilli, garlic, ginger, grated coconut, curry leaves, turmeric and oil together then grind to a paste in a food processor.

COOKING CURRY

1. On a stove top, heat a large cast iron pot with oil.
2. Sauté onion until golden brown, add the garlic paste cooking for 1–2 minutes.
3. Add the spice powder, tomato paste, lamb stock and chopped tomato. Cook for 10 minutes.
4. Add the tamarind juice, coconut milk and place in the lamb steaks.
5. Cook on stove top over a medium heat for 1 hour.

Serves

4

RECIPE BY

Johnny Datt

**Mantra
Legends Hotel**

QLD

TO • SERVE

Put steamed rice into bowl and cover with a lamb steak and curry sauce.

Sprinkle with coriander leaves.





RECIPE BY

**Glenn Flood
& Sam Burke**

**Alliance
Catering**

METHOD

TAHINI SAUCE

In a medium bowl combine the ingredients and mix thoroughly. Add shredded fresh parsley. Set aside.

SPICY LAMB MARINADE

- 1.** Mix together the chopped coriander, garlic and lemon juice and zest.
- 2.** Stir in the spices to make a very wet paste.
- 3.** Marinate the thinly sliced lamb for at least 2 hours prior to grilling.

PREPARING THE WRAP

Prepare wrap ingredients and set aside for assembling later.

LAMB

Heat pan or grill and sear lamb pieces, ensuring both sides of lamb are coloured but the centre is pink. Remove and rest for 2 minutes.

INGREDIENTS

2.5kg Butterflied Leg of lamb, thinly sliced

TAHINI SAUCE

— makes 1 1/4 cups
 2 garlic cloves, crushed
 1/3 cup lemon juice
 1/2 cup tahini paste
 1/2 cup sea salt
 black pepper to taste, freshly cracked
 1/4 cup olive oil
 1/4 bunch flat leaf parsley

LAMB MARINADE

1 bunch coriander, roots and leaves chopped
 2 garlic cloves, finely chopped
 1 tsp sweet paprika
 1 tsp cayenne pepper
 1 tsp cumin
 1 tsp ground coriander
 1 tsp cinnamon
 1/2 tsp allspice
 1 tsp sea salt
 1/2 tsp black pepper, freshly ground
 1/2 tsp cardamom
 2 lemons, zest and juice
 100ml olive oil

WRAP

10 Lebanese pita breads
 2 bunches of spring onions, roots and tips trimmed
 2 bunches of endive
 1 bunch continental parsley, chopped
 1 jar pickled turnips
 20 whole pickled green chillies

Lamb Shawarma Wrap

Serves

10

TO • SERVE

Fill bread with endive, two pickled chillies per wrap, one spring onion stalk and a few pickled turnip slices. Top with lamb, sprinkle chopped parsley and drizzle with tahini sauce.

Wrap up and serve immediately.

Serves

12

4 Hour Slow Baked Caribbean Lamb

INGREDIENTS

2.5kg Butterflied Leg of lamb
olive oil
1/2 of a whole butternut
pumpkin, sliced into
wedges, skin on
6 corn cobs, ends trimmed
and sliced in two
sweet potato wedges
2 whole banana peppers
mint vinegar
aged balsamic vinegar

mango pickles and minted
natural yoghurt to serve

DRY CARIBBEAN STYLE SEASONING

1/2 tsp ground ginger
1/2 tsp cayenne pepper
1/2 tsp sweet paprika
1/2 tsp cracked black pepper
1/2 tsp ground cumin
1/2 tsp caraway seeds
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp turmeric
1/2 tsp castor sugar
1/2 tsp nutmeg
1/2 tsp cinnamon
1/2 tsp sea salt

METHOD

LAMB

1. Preheat oven to 100°C.
2. Rub a quantity of olive oil over lamb Leg.
3. Rub dry Caribbean Style seasoning powder all over Butterflied Leg of lamb and allow to rest for 1 hour.
4. Place lamb on cake rack over a roasting pan and put into oven for 4 hours, basting continuously during cooking.

VEGETABLES

In a separate dish in oven, season and roast wedges of pumpkin, whole banana peppers and sweet potato wedges.

RECIPE BY

Kim Chilcott

**Twin Towns
Clubs & Resorts**

NSW

TO • SERVE

When vegetables and lamb are ready, pour a mixture of mint vinegar and aged balsamic vinegar over all ingredients and allow to infuse for about 10 minutes.

Carve lamb Leg and place on a share platter, drizzle with pan juices.

Add vegetables and your favourite mango pickles and minted natural yoghurt as a side accompaniment.





INGREDIENTS

1 Easy Carve Leg of lamb
olive oil for cooking
salt and black pepper,
freshly ground
roast vegetables

STUFFING

85g dried plums
1/2 white wine
1 cup water
1/2 cup raw sugar
salt and ground white pepper
115g dense white bread,
cut into small cubes
85g unsalted macadamia nuts,
roughly chopped

METHOD

Preheat oven to 150°C.

STUFFING

1. Simmer dried plums, white wine, water and sugar until soft, remove the plums and reduce the syrup until sticky, approximately 10 minutes.
2. Place the bread into a bowl and pour the plum mixture over while hot to allow the juices to soak into the bread. Season with salt and white pepper.
3. Add the macadamias and mix until combined.

LAMB

1. Stuff the cavity of the Leg of lamb with the prepared stuffing. Use a wooden skewer to hold the opening together while cooking.
2. Rub the surface with some olive oil, salt and pepper and place prepared Leg on a rack in a roasting pan.
3. Cook in oven uncovered for 1 1/4 hours.
4. Remove from oven and cover with foil. Allow to rest for 10–15 minutes.

Roast Lamb Leg, with Plum and Macadamia Nut Stuffing

RECIPE BY

MLA

**North
America**

Serves

6 – 8

TO • SERVE

Carve lamb and serve with roasted vegetables.

Lamb Miso-Nabe

Serves

4

INGREDIENTS

Easy Carve Leg of lamb,
partially frozen and thinly cut
on meat slicer

4 pieces fresh shiitake
mushrooms

1 small carrot,
peeled and sliced

1/2 daikon (*Japanese radish*),
peeled and cut into pieces

125g bean sprouts

2 stalks spring onion

1/2 Chinese cabbage

1/2 onions, sliced

125g tofu, sliced

4 eggs, boiled and cut in half

steamed rice

hot pot with gas burner to
serve at table

SOUP

1L lamb stock

250ml cooking sake

125ml mirin

150g miso paste, blended

30ml sesame paste

15g ginger, shredded

1 garlic, crushed

RECIPE BY

Masahiko Iga

**Japanese
Chefs Guild**

VIC

METHOD

1. Cut all vegetables and tofu for hot pot and put to one side.
2. Put all ingredients for the soup into the hot pot. Bring to the boil with lid on, then remove lid and turn down to simmer.
3. Add cut vegetables, tofu, egg and sliced uncooked lamb.

TO • SERVE

Serve at table in hot pot with bowls of steamed rice and sake.

NOTE: Keep the hot pot on a low simmer and continue to replenish with more ingredients as the cooked ones are consumed.



RECIPE BY

MLA

**North
America**

INGREDIENTS

- 450g Easy Carve Leg of lamb,
thinly sliced (*bite sized pieces*)
- 400g fresh Singapore noodles
- 3 tsp peanut oil
- 1 large red onion, peeled
and cut into 8 wedges
- 115g snow peas,
sliced diagonally
- 1/3 cup hoisin sauce
- 3/4 cup roasted cashews
- 1/2 cup fresh mint leaves

Lamb Singapore Noodles with Cashews and Snowpeas

METHOD

1. Cook the noodles according to packet directions.
2. Heat wok over high heat and add 1 teaspoon of the peanut oil.
3. Add half the lamb, stir-fry for 1 minute or until brown. Remove from wok to a plate to rest.
4. Repeat with the remaining lamb.
5. Add the remaining oil and onion to the wok.
6. Toss through the noodles, hoisin sauce, mint and cashews until heated.

Serves

4

as an entrée

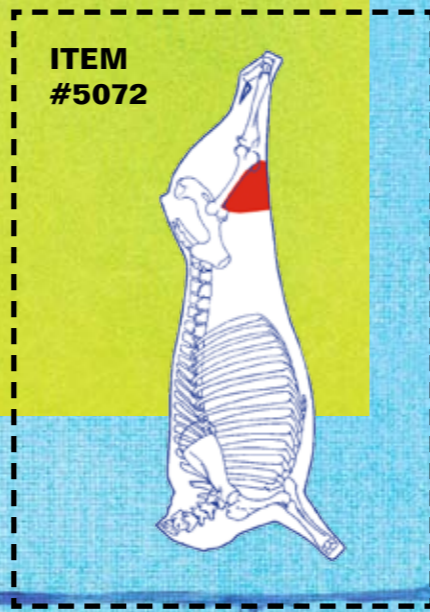
or

small snack

TO • SERVE

For functions, serve in small takeaway noodle boxes.





LAMB KNUCKLE

ITEM #5072

DESCRIPTION

The Knuckle is prepared from the Thick Flank (Item #5076) with the cap muscle and fat cover removed.

PREPARATION OF CUT

Limited preparation required as this cut comes cleaned of fat and cap muscle.

ORDERING AND PURCHASING INFORMATION

- » Recommended cooking methods: roast, thin sliced
- » Item weight range: 0.39kg

FURTHER CONSIDERATION

For best results, sear in hot pan/grill first, and then transfer to oven and finish. Cook to no more than medium.

GLOBAL FLAVOURS

Lamb Knuckle is an often forgotten cut of the lamb Leg that is extremely versatile and particularly suited to dishes where lean meat is preferred.

It is a cut that can be used across a variety of dishes as an entrée, main, bar snacks or shared plates. It provides that beautiful lamb flavour people love but with less fat and connective tissue than some of the other non-loin cuts.

Due to its size, this cut makes a great mini roast for two people or as a thin slice used in hot pots, it serves 4 people comfortably.

Lamb can be complemented by a multitude of spices and aromatics so the opportunities to be creative with recipe development are endless.

Fruit and nut flavours work well with lamb so it's no surprise cuisines such as Moroccan, Greek, Syrian and African love using lamb in their dishes.

Lamb Knuckle is best cooked to medium to ensure the most tender result. For a point of difference when roasting, this cut can be butterflied then stuffed and rolled and trussed.

As this is a lean piece of meat, it is perfect for grilling, then finishing in the oven, allowed to cool slightly, sliced, and placed on top of fresh leaf salads or grain based salads. It is also makes for great sandwich fillings or as bite sized lamb slices for canapés.

RECOMMENDED COOK METHOD

ROAST:

Lamb Knuckle can be kept whole and pan fried before being placed in the oven to finish. Alternatively, butterfly the Knuckle, pan fry and then place in oven to roast. Knuckle should always be cooked to medium.

Rest before slicing, remembering to cut across the grain.

As the Knuckle is a muscle that is used constantly by the animal, marinating the cut overnight can assist in tenderising the meat as well as imparting beautiful flavours.

THIN SLICE:

A perfect cut for thin slicing as it has little connective tissue or fat. Slice into thin strips (approximately 4mm thick) and use in hot pots and noodle soups.

MENU APPLICATIONS

- Sweet and Smoky Butterflied Lamb
- Warm Salad of Pan Roasted Lamb with Spinach, Asparagus and Tomatoes
- Honey and Thyme Baked Lamb

Honey and Thyme Baked Lamb Knuckle, Broccoli, Pinenuts and Green Olives

Serves

4

INGREDIENTS

2 lamb Knuckles, 500g each
vegetable oil
salt and black pepper,
freshly ground

MARINADE

60g natural yoghurt
15g honey
4 stems thyme, leaves picked
1/4 cup extra virgin olive oil
black pepper, freshly ground

GARNISH

2 tbsp extra virgin olive oil
1 head broccoli, cut into florets
1 garlic clove, chopped
80g pinenuts, toasted
8 large green olives,
flesh cut off
salt and black pepper,
freshly ground
1 lemon, cut into wedges

METHOD

LAMB

1. Marinate the lamb Knuckles with the yoghurt; be sure to rub the yoghurt in. Set aside to marinate for two hours at room temperature or in the fridge overnight.
2. Sit the marinated Knuckles on a paper lined baking tray, sprinkle with thyme leaves, salt and black pepper, drizzle with honey and extra virgin olive oil.
3. Pre-heat oven to 170°C.
4. Place lamb in the pre-heated oven and bake for 40 minutes or to a 54°C core temperature (*medium*). Rest the cooked lamb in a warm place for at least 10 minutes before carving.

GARNISH

1. Boil the broccoli florets for 3 minutes, drain and allow to steam dry for 2 minutes.
2. Heat the olive oil and garlic in a non-stick pan over a medium flame until it starts to bubble. Add the cooked broccoli and fry for a couple of minutes.
3. Toss through the pinenuts and olives, season to taste.

RECIPE BY

**Damian Heads
NSW**

TO • SERVE

Divide the broccoli between four plates.
Carve the lamb and serve alongside the broccoli.

Serve with a wedge of lemon.



INGREDIENTS

1.5kg Butterflied lamb Knuckle
(approx. 3 Knuckles)
French fries
Ranch Dressing

LAMB MARINADE

60g barbecue seasoning
1 cup barbecue sauce
1 cup maple syrup
2 tsp smoked paprika
1/4 cup tomato purée
2 tbsp vegetable oil

RANCH DRESSING

1 cup mayonnaise
3/4 cup buttermilk
1/4 cup sour cream
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp onion powder
1/4 tsp garlic powder
1/8 tsp dried thyme
1 tbsp parsley,
finely chopped

RECIPE BY

MLA

**North
America**

Sweet and Smoky Butterflied Lamb Knuckle

Serves

6

METHOD

LAMB

1. Preheat oven to 160°C.
2. Place the lamb in a shallow baking dish and brush with oil, then rub barbecue seasoning into both sides of lamb.
3. In a small saucepan, combine the barbecue sauce, maple syrup, smoked paprika, tomato puree and oil. Heat sauce over low heat, simmering for 5 minutes.
4. Brush sauce over the lamb and barbecue or roast over low heat, basting frequently and taking care not to burn marinade. If cooking over coals, wait until coals are white before cooking. If roasting in an oven, allow 30 minutes per 450g. Lamb may need to be turned to brown both sides.
5. Allow lamb to rest for 10 minutes before carving.

RANCH DRESSING

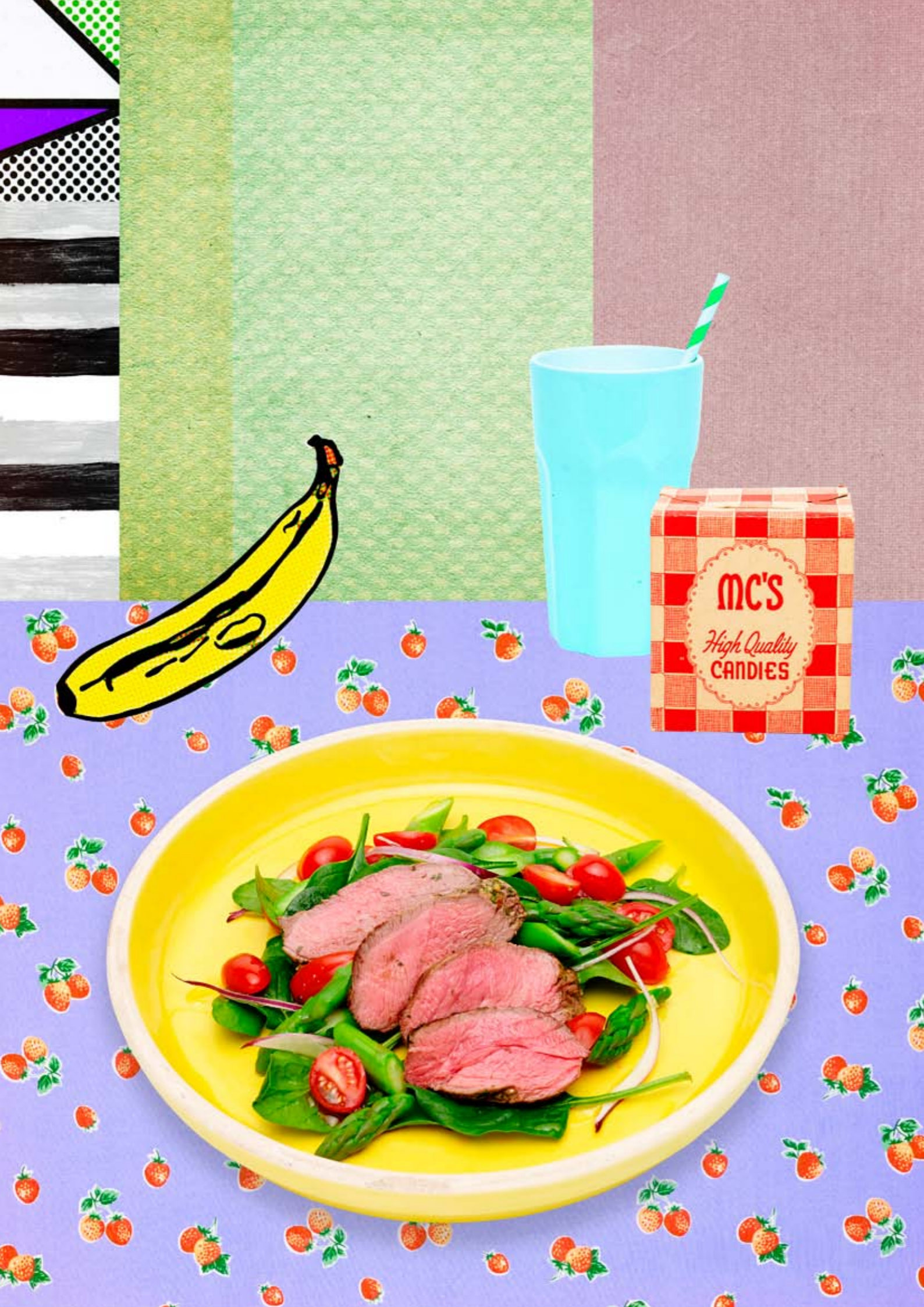
Combine all ingredients in a bowl and whisk until completely combined. Cover and refrigerate for 2 hours before serving.

TO • SERVE

Carve lamb across the grain and plate on large sharing platter.

Surround with French fries and a side of Ranch Dressing.





Serves

4

INGREDIENTS

2 lamb Knuckles (500g each),
butterflied to be 1 inch thick
vegetable oil
salt and black pepper,
freshly ground

MARINADE

1 tbsp Dijon mustard
1/2 bunch parsley, leaves
picked and chopped
1 pinch chilli flakes
1 pinch chermoula spice
or cumin
3 garlic cloves, finely chopped
1/2 cup extra virgin olive oil

GARNISH

200g baby spinach leaves,
washed
1 bunch asparagus,
2cm lengths, blanched
1/2 red onion, thinly sliced
1/2 punnet grape tomatoes,
halved
100 ml lemon dressing
(olive oil and lemon juice)

METHOD

LAMB

1. In a large bowl combine the marinade ingredients, add the lamb and coat with the marinade. Marinate in the fridge overnight or at room temperature for 2 hours.
2. Pre-heat oven to 200°C.
3. Place a large frypan over a medium-high flame. Season the lamb with salt and pepper, place some oil in the frypan and seal the lamb on all sides until golden brown (*might need to be done in batches*).
4. Transfer the sealed lamb to a baking tray and roast for 12 minutes or until cooked medium. Rest the lamb in a warm place for 10 minutes before slicing.

SALAD

Place the spinach, asparagus, red onion and tomatoes in a mixing bowl. Season the salad with salt and pepper and dress with lemon dressing.

Warm Salad of Pan Roasted Lamb Knuckle, Spinach, Asparagus and Tomatoes

TO • SERVE

Divide salad between four plates.

Thinly slice the lamb Knuckle across the grain and arrange slices over the salad.

RECIPE BY

**Damian Heads
NSW**

LAMB HINDSHANK

ITEM # 5031

DESCRIPTION

Hindshank is prepared from a Leg (Item #4800) and is removed by a cut through the heel muscle of the Silverside between the tibia and femur bones (leg bones).

PREPARATION OF CUT

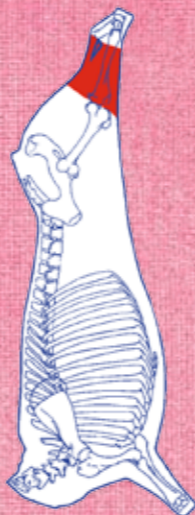
The Shank is frenched and tipped to a specified length and the cut is trimmed of excess fat.

ORDERING AND PURCHASING INFORMATION

- » Specify French trim (Item #5029)
- » Heel muscle removed
- » Recommended cooking method: slow cook
- » Item weight range: 0.35kg

FURTHER CONSIDERATION

Shanks from the Forequarter can also be used. The Foreshank (Item #5030) is prepared from a Forequarter (Item #4972) by a cut following the Breast and Flap end of the humerus bone. Specify French trim if required.

ITEM
#5031

French Trim

GLOBAL FLAVOURS

The lamb Shank has become a popular ingredient on menus across Australia thanks to its economical price point and fabulous unctuous texture and rich flavour.

However, it's time to look beyond the simple Shank in red wine jus and push it to new heights with different flavour combinations and executions.

Braising this cut brings out the best in the meat with the connective tissue melting down through the sauce, thickening it and adding incredible flavour.

Being a full flavoured cut, lamb Shank can take strong flavours such as a curry based spices, fiery flavours of chilli, strong leafy herbs such as coriander and basil and of course, the ubiquitous red wine jus.

It's at home when paired with sweet fruits such as dried figs, apricots or golden sultanas and some crunch texture from cashew nuts or almonds. This fruit and nut combination is demonstrated beautifully in the classic Moroccan dish known as *Mrouzia*, where lamb Shanks are braised for hours in mix of honey, almonds, raisins and spices.

Lamb and Greek cuisine go hand in hand so it's no surprise that the Shank finds its way into some amazing Greek dishes. Olives, tomatoes, cinnamon, yoghurt, garlic, oregano — some of the quintessential ingredients in Greek cuisine that partner with lamb perfectly.

While the bone-in Shank looks impressive on a plate, there is no need to be limited to that presentation when developing recipes. Peeling the meat off the bone when cooked and wrapping it in filo to bake, or stuffing it into pita bread with crumbled feta and chopped olives to make an unctuous twist on a lamb kebab is the perfect hand held snack.

Afghani cuisine uses lamb in many dishes but none as popular as the traditional New Year's Eve dish of *Sazbi Challow* made from spinach, rice and lamb Shanks.

Slow cook lamb Shanks until the meat is literally falling off the bone, then take the juicy meat shreds and put on top of torn silky pasta sheets to create a ragù dish. For another twist on a classic, pop the meat shreds into a pie dish, top with mashed potato and make a new take on shepherd's pie.

Lamb Shank performs beautifully in barley and root vegetable stew and almost any slow cooked lamb curry recipe will suit this economical lamb cut.

RECOMMENDED COOK METHOD

SLOW COOK:

Very little preparation is required for this cut other than trimming any excess fat. This piece of meat has a good amount of connective tissue that breaks down in the cooking process contributing to the flavour and gelatinous texture. Ensure there is enough liquid in the pan to keep the meat from drying out.

MENU APPLICATIONS

- Aloo Gosht (Lamb and Potato Curry)
- Lamb Mansaf (Lamb in Yoghurt Sauce)
- Smoked Lamb Shank Pie
- Moroccan Lamb Parcels
- Rogan Josh Lamb Shank
- Lamb Shank on Mint Pea Mash
- Sazbi Challow
- Mrouzia
- Red Wine Braised Lamb Shanks
- Lamb Shanks with Thyme and Olives



INGREDIENTS

SPICE MIX

- 1 tbsp coriander seeds
- 2 tbsp cumin seeds
- 1 tbsp fennel seeds
- 2 star anise
- 1 cinnamon quills

LAMB BRAISE

- 4 lamb Shanks, hindquarter
(approx. 1.2kg in total)
- salt and black pepper, freshly ground
- vegetable oil
- 1 medium carrot, 1cm dice
- 1 large brown onion, 1cm dice
- 2 garlic cloves, thinly sliced
- 1 long red chilli, sliced across
with seeds in
- 1 lemon, 5mm dice
- 400g tin diced tomato
- 1 tsp dried mint

HARISSA SAUCE

- 2 red capsicum
- 1 tbsp dried mint
- 1 tbsp ground cumin
- 3 garlic cloves
- 2 long red chillies, seeds removed
- 1 small lime, grated, zest and juice
- 100ml extra virgin olive oil
- salt to taste

GARNISH

- 500g parsnips, peeled
- 1/4 bunch watercress, leaves
picked and washed
- harissa

METHOD

LAMB

1. Pre-heat oven to 200°C.
2. Toast the spices in the oven until fragrant, toss them over frequently. Allow to cool, then grind in a spice grinder and pass through a coarse sieve to remove any husks.
3. Season the lamb Shanks with salt and pepper, coat with vegetable oil, place on a baking tray and roast in the hot oven for 40 minutes, turning occasionally. Remove and set aside.
4. Turn the oven down to 170°C.
5. In a pan, sauté the onion, carrot, garlic and chilli with a little extra oil until lightly golden. Add the diced lemon and continue cooking for a minute. Add the tinned tomato, dried mint and the spice mix. Bring to the simmer and season to taste with salt.
6. Place the Shanks in a braising dish in which they are snug. Tip over the tomato mix and add enough water to almost cover the Shanks. Cover the dish with baking paper, then foil to seal. Braise the Shanks at 170°C in the oven for 3 hours or until the meat falls away from the bone.
7. Lift the Shanks out of the braising dish, place the remaining ingredients in a sieve to drain. When cool enough to handle, shred the meat from the lamb Shanks and combine with the contents of the sieve. Season to taste and chill. (The reserved sauce can be used for another braise or as a sauce for pasta).

RECIPE BY

Damian Heads NSW

Serves

4

Moroccan Lamb Parcels

LAMB PARCELS

Divide the lamb mixture evenly into 4 and wrap in your favourite pastry (*puff, filo, brik*) then bake until bubbling and golden.

HARISSA

1. While the lamb Shanks are in the oven, put the capsicums in the oven and roast until blistered and cooked.
2. Remove from oven and cover with cling film so they steam. When cool enough to handle, peel.
3. Place the roasted capsicum flesh in a blender with the remaining ingredients. Season to taste. You will have more than you need but it's a great condiment.

TO • SERVE

Place a swirl of harissa on the plate and top with lamb parcel. Add roasted parsnips and watercress.

Smoked Lamb Shank Pie with Roasted Vegetables

Serves

4

INGREDIENTS

4 lamb Shanks, frenched
2 carrots, peeled and diced
2 onions, peeled and diced
3 stalks celery, diced
3 garlic cloves, finely diced
1 bunch baby carrots, peeled and stalks removed
4 turnips, peeled and quartered
4 beetroots, peeled and quartered
2 tbsp olive oil
150g pancetta, cut into lardons
6 thyme sprigs
2 rosemary sprigs
2 tbsp plain flour
750ml veal stock
1/2 cup flat leaf parsley, chopped
250g puff pastry
2 egg yolks, whisked
150g smoking chips
metal smoking box
sea salt
black pepper

METHOD

LAMB SHANK MIXTURE

1. Place lamb Shanks onto a cake rack inside a deep roasting tray (ensuring that there is enough room underneath for the smoking box to fit without touching).
2. Heat the smoking chips in the smoking box over a high heat until chips produce vast amounts of smoke. Carefully place the chips in the bottom of the roasting tray and seal tightly with another tray on top. Leave to smoke for 25 minutes.
3. Remove the smoked Shanks, season with salt and pepper then coat in flour.
4. Preheat oven to 180°C.
5. In a large pan, heat oil and brown Shanks evenly then leave to drain on some paper towel.
6. Once all the Shanks have been evenly browned, add the onion, carrot, celery, garlic, pancetta and herbs to the pan and cook for 10 minutes, stirring occasionally.
7. Return the Shanks to the pan and add the veal stock to the pan, ensuring the shanks are well covered in liquid.
8. Place all the ingredients into a roasting pan, cover and roast in oven for two hours (or until meat is falling off the bone).
9. Remove the Shanks from the liquid and allow meat to cool enough to remove off the Shank (do not discard the Shank bones).
10. Bring the sauce and vegetables from the roasting pan onto the stove, simmering for 15 minutes until the sauce has reduced to half. Add to Shank meat mixture.

VEGETABLES

1. Bring to the boil a large pot and add beetroots, cooking for 20 minutes or until tender. Remove and set aside to cool.
2. Repeat the above steps for turnips (cooking for 5 minutes only) and carrots (cooking for 3 minutes only).

MAKING PIES

1. Season the Shank mixture with salt and pepper, adding parsley.
2. Fill 4 x 15cm ovenproof ceramic pie dishes.
3. Lay pastry over each pie dish, cut a hole in the centre and insert the Shank bone into the hole. Brush each pie with the beaten yolk and bake for 12 minutes or until golden brown.

FINISHING VEGETABLES

In a separate roasting pan, bring together the beetroots, turnips and carrots, season with olive oil, sea salt and pepper. Roast for 8 minutes or until golden.

RECIPE BY

Dave Robertson

**Royal Hotel,
Clifton Hill**

VIC

TO • SERVE

Place pies straight from the oven onto plate and serve with side of roast vegetables.





RECIPE BY

Justin Miles
Windy Point
Restaurant
& Café

SA

INGREDIENTS

LAMB SHANK BRAISE

- 20 lamb Shanks
- 4 onions
- 4 carrots
- 4 leeks
- 1/2 bunch thyme
- 1/2 bunch rosemary
- stalks of parsley
- 1 garlic bulb, split into half

10L lamb/beef stock

500g caul fat
 200g salted butter

PEA MINT MASH

- 500g frozen peas
- 1 bunch mint
- 15ml crème de menthe
- 1kg large Maranca potatoes
- 150g salted butter
- 150ml cream

SMOKY LEEKS

- 10 leeks
- extra virgin olive oil
- 2 bunches of chives

salt and pepper

METHOD

LAMB SHANK BRAISE

1. Preheat oven to 100°C.
2. Chop onions, carrots and leeks.
3. Bring stock to boil.
4. Add lamb Shanks to deep oven tray, add vegetables, herbs and garlic.
5. Lightly season Shanks
6. Cover lamb and vegetables with stock and lay silicone/greaseproof paper onto surface and then seal with foil.
7. Place in combi oven for 12 hours (*overnight*).
8. The following day remove Shanks gently from tray and rest for 30 minutes.
9. Strain stock and reduce until it becomes a thick glaze, skimming regularly.
10. Place the caul fat into cold water and separate sheeting, cut to 15cm squares
11. Melt 500g butter. Set aside.
12. With gloves, pull Shank meat from bone. Discard bone and tendon.
13. Spread the caul fat out, form Shank meat into a tight ball and place in the middle of the caul fat. Bring edges of the caul fat together to keep the tight ball form. Place onto greased and lined oven tray.
14. Brush each Shank crêpinette with melted butter.
15. Repeat steps until all Shanks are done and the oven tray is tightly packed with crêpinettes.
16. Refrigerate for 3–4 hours.
17. Preheat oven to 185°C.
18. Place tray into oven for at least 15 minutes or until Shanks are golden and the caul fat has melted.

PEA MINT

1. Boil a 5L pot of slightly salted water.
2. Have a large bucket of iced water on hand.
3. Place peas in a conical sieve and drop into boiling water for 60 seconds.
4. Refresh immediately in iced water for 4 minutes.
5. Blitz in a kitchen processor at 5 x 1 minute intervals, stirring every minute.
6. Pick mint leaves and finely slice.
7. Add mint, crème de menthe and season.
8. Set aside and refrigerate.

MASH

1. Peel potatoes and chop into 5cm chunks.
2. Place into slightly salted cold water and bring to simmer, allow to simmer for 20–25 minutes until tender.
3. Strain and place each potato through ricer or mouli.
4. Boil cream and butter.
5. Using a spatula combine cream/butter with potato.
6. Season.

TO COMBINE : Add equal quantities of pea mint and mash together.

SMOKY LEEKS

1. Wash inside of leek leaves removing any visible dirt.
2. Place whole leeks onto a pre heated char grill or slatted barbeque and allow each side of the leek to char/burn.
3. Turn each 5 minutes to ensure charring is even.
4. After 15–20 minutes remove blackened leeks and let rest for 30 minutes.
5. Remove leek root and peel leaves from the top down revealing golden leek stems.
6. Slice into even 5cm cylinders, coat with olive oil and chopped chives.

Serves

20

Braised
Lamb Shank
on Pea Mint
Mash with
Smoky Leeks

TO • SERVE

Smear a large spoon of warm pea mash onto plate. Add 3 cylinders of smoky leek. Add roasted Shank crêpinette. Drizzle with reduced stock/glaze.

INGREDIENTS

10 hindquarter lamb Shanks,
frenched
1/2 cup all-purpose flour
4 tbsp clarified butter
2 tbsp vegetable oil
steamed basmati rice
roti or pappadams
mint raita
cucumber salad

CURRY PASTE

1/2 tsp cracked black pepper
3 tsp coriander, ground
1/4 tsp cloves, ground
1 tbsp ginger, grated
2 tsp chilli powder
1 tsp cinnamon
5 cardamom pods, cracked
1 tsp cumin, ground
2 onions, finely chopped
2 tbsp vegetable oil
4 tbsp tomato paste
4 cups chicken stock
1 cup light cream

Rogan Josh Lamb Shanks

METHOD

LAMB

1. Preheat oven to 150°C.
2. Combine flour, salt and pepper in a large plastic bag. Add Shanks to the bag a few at a time and shake well to dust.
3. Heat the butter and oil together in a large frying pan and brown the lamb Shanks a few at a time. Place lamb Shanks into a deep sided baking dish.

MARINADE

1. Add all the curry paste spices, onion and oil into a food processor or mortar and pestle, and blend well until combined. In a frying pan, cook spices over a medium heat. Stir 3–4 minutes.
2. Add tomato paste and cook for a further 3–4 minutes. Stir in the chicken stock and bring to a boil.

RECIPE BY

MLA
**North
America**

COMBINING LAMB AND MARINADE

1. Pour liquid over the browned lamb Shanks and cover with a lid or several layers of foil. Place the baking dish into a preheated oven for 1 1/2 hours.
2. Remove baking dish from oven and pour cream over spiced Shanks. Return dish to oven and cook for another 30 minutes.

Serves
10

TO • SERVE

Serve lamb Shanks with steamed rice, roti and sides.



MEAT APPRECIATION

OVINE – animals of the species family *Ovis Aries*, which includes **LAMB**, **HOGGET** and **MUTTON**.

CATEGORY CLASSIFICATION IN AUSTRALIA SUCH AS THE TERM OVINE IS BASED ON DENTITION (THE ERUPTION OF PERMANENT OR ADULT TEETH).

LAMB



0

A female ovine or a castrated or non-castrated male ovine with a dentition range of 0 permanent (adult) incisor teeth. These are the front teeth. In male lambs there must be no sign of Secondary Sexual Characteristics. The approximate age of lamb in Australian is 12 months.

HOGGET



1 – 2

A female ovine or a castrated or non-castrated male ovine with 1 but no more than 2 permanent (adult) incisor teeth. A lamb becomes a hogget whenever the 1st permanent tooth appears (usually between the ages of 10–18 months). No evidence of Secondary Sexual Characteristics must exist in males.

MUTTON



1 – 8

A female ovine or a castrated or non-castrated male ovine with 1–8 permanent (adult) incisor teeth. Mutton is over 10 months of age or when a second permanent tooth appears. In male mutton there must be no sign of Secondary Sexual Characteristics.

More specific age definitions can be found at AUS-MEAT.
www.ausmeat.com.au

INTRODUCING MEAT STANDARDS AUSTRALIA FOR LAMB



Customer satisfaction starts at the centre of the plate with the quality of the lamb you serve. That's why it's important you understand how to purchase lamb that is going to be tender and juicy every time. MSA graded lamb can provide that confidence.

Meat Standards Australia (MSA) is an independent grading system that ensures tender, juicy lamb. The system was developed by conducting 90,000 consumer taste tests to identify the key factors that make for the most flavoursome, tender and juicy lamb.

Lamb identified with the symbol has been 'graded' to achieve the industry standard for tenderness, juiciness and flavour. This new grading system for lamb is being adopted across the supply chain throughout Australia and the number of brands available is growing.

The supply of MSA graded lamb is growing so talk to your wholesaler about their MSA lamb products.

For more information go to:
www.mla.com.au/msa
or contact 1800 111 672
Email: msaenquiries.com.au

Thank You

To the following brilliant chefs and industry friends who were happy to share their Lamb Masterpieces with the rest of us, we say thank you.

The recipes in this book are full of flavour and creativity and demonstrate that with skill and flair, a truly great dish can be made using often forgotten cuts of lamb such as the cuts that come from the lamb Leg.

Thank you for leading the way in this red meat revolution!

ANTONY HENARE — The Firehouse, VIC

BRAD LEAHY — Bluewater Grill, WA

DAMIAN HEADS — Consultant Chef, NSW

DAVE ROBERTSON — Royal Hotel, Clifton Hill VIC

DAVID DUNGAN — The Firehouse, VIC

GLENN FLOOD — Alliance Catering, VIC

JOHNNY DATT — Mantra Legend Hotel, QLD

JUSTIN MILES — Windy Point Restaurant & Café, SA

KIM CHILCOTT — Twin Towers Clubs & Resorts, NSW

MASAHIKO IGA — Japanese Chefs Guild, VIC

SAM BURKE — Alliance Catering, NSW

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DESIGN • MASH

PHOTOGRAPHER • JOHN LAURIE

FOOD STYLIST • DEBORAH KALOPER

PROP STYLIST • ANDY IRWIN

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40 Mount Street, North Sydney, NSW 2060
P +61 2 9463 9333 F +61 2 9463 9173
www.mla.com.au