

Masterclass WITH LAMB

Take some time out to learn about some of the lamb cuts Q Guild butchers can create for you.

The versatility of lamb means there are cuts for many different meal occasions. Look out for seasonal variations too, from tender new season spring lamb to flavoursome autumn lamb.

Do not worry about asking your Q Guild butcher's advice on which lamb cut to use for your recipe, they are happy to help. Here is just a selection of the lamb cuts available:

Great for grilling - Chops, Cutlets & Steaks

Lamb cutlets – taken from the best end, these require little cooking and should be eaten slightly pink. The cooking time depends on the thickness but ask your butchers advice

Shoulder steaks – full of flavour

Barnsley chops – also known as crown or double chops and prepared from the saddle, these are perfect for those with a hearty appetite

Valentine steaks – a modern butterfly cut prepared from the loin with the meat of two chops

Barnsley lamb chop



Valentine steaks



Cushion of lamb



Barbecued slow braised shoulder of lamb with red wine and rosemary

Serves: 6-8

Preparation time: 10 minutes

Marinade time: 4hrs or overnight

Cooking time: 3 hours 20 minutes

Ingredients:

1.8-2.25kg/4-5lb lean whole lamb shoulder

Salt and freshly milled black pepper

For the Marinade:

4-5 large sprigs rosemary leaves,
roughly chopped

75ml/5tbsp good, balsamic vinegar

250ml/9flox good red wine

60ml/4tbsp olive oil

1 large red onion, peeled and sliced



Lamb koftas

Why not try lamb mince – great for burgers, kofta kebabs or a moussaka. When cooking mince with other ingredients, such as in a moussaka, start by browning just the mince in a good sized pan. Fry either dry or with just a little oil, for 4-6mins. Do not put too much mince in the pan or it will steam. Batch fry instead. For some great lamb recipes visit www.qguild.co.uk/recipes

Great for roasting

Cushion of lamb – a boneless joint that is round in shape and easy to carve. Your butcher can prepare this for you

Rolled boneless shoulder – a succulent tender roasting joint, ideal for stuffing

Half shoulder – a cut that is full of flavour

Whole and half leg – prime roasting joints perfect for Sunday roasts

Rolled boneless shoulder



Half shoulder blade



Method:

Mix the marinade ingredients together and transfer to a double-lined plastic food bag. Add the joint and coat in the marinade. Seal the bag, transfer to a large plate and refrigerate for up to 4 hours or overnight, turning the bag over once.

Preheat the oven to Gas mark 1-2, 140-150°C, 275-300°F. Place the joint on a chopping board, score the surface in a diamond pattern (or ask your Q butcher to do this for you) and season on both sides.

Transfer the joint from the marinade and place in a large non-stick roasting tin, with the marinade mixture from the bag. Cover with foil and roast in the oven for 3-4 hours. Remove the joint from the oven and remove the onion and rosemary from the surface of the joint.

Cook on a prepared barbecue for 10 minutes on each side. Transfer to a large plate, cover and leave to rest for 10-15 minutes. Carve the lamb and serve with fresh salad leaves.

