

Farm assured Scottish lamb recipes / Wm Low & Co.

Contributors

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LAMB ROGAN JOSH

Serves: FOUR

Cooking Time: APPROX. 1 HOUR 30 MINS

Ingredients:

675G (1½LB) LAMB, CUBED
1 X 15ML SP (1TSP) OIL
2 ONIONS, FINELY CHOPPED
2 CLOVES GARLIC, CRUSHED
1 X 5ML SP (1TSP) GROUND GINGER
PINCH GROUND CINNAMON
1 X 15ML SP (1TSP) EACH OF GROUND
CORIANDER, GROUND CUMIN
2 X 15ML (2TBSP) PAPRIKA
1 X 2.5ML SP (½TSP) EACH OF CAYENNE
PEPPER, SUGAR
4 CARDAMON PODS, CRUSHED
SALT AND BLACK PEPPER
397G (14OZ) CAN CHOPPED TOMATOES
150ML (½PT) STOCK
3 X 15ML SP (3TBSP) NATURAL YOGURT
(OPTIONAL)
FRESH CORIANDER, CHOPPED, TO SERVE

Method:

- 1 Heat the oil in a large saucepan and brown the meat.
- 2 Remove from the pan.
- 3 Add onion and garlic and cook until softened.
- 4 Add the spices, sugar, salt and black pepper, cook for 1 minute then return meat to pan.
- 5 Stir in tomatoes and water.
- 6 Cover and simmer for 1 hour.
- 7 Remove lid and simmer for a further 30 minutes or until meat is tender and sauce thick and rich.
- 8 Stir in yogurt if using and garnish with fresh coriander.
- 9 Serve with rice and/or naan bread.

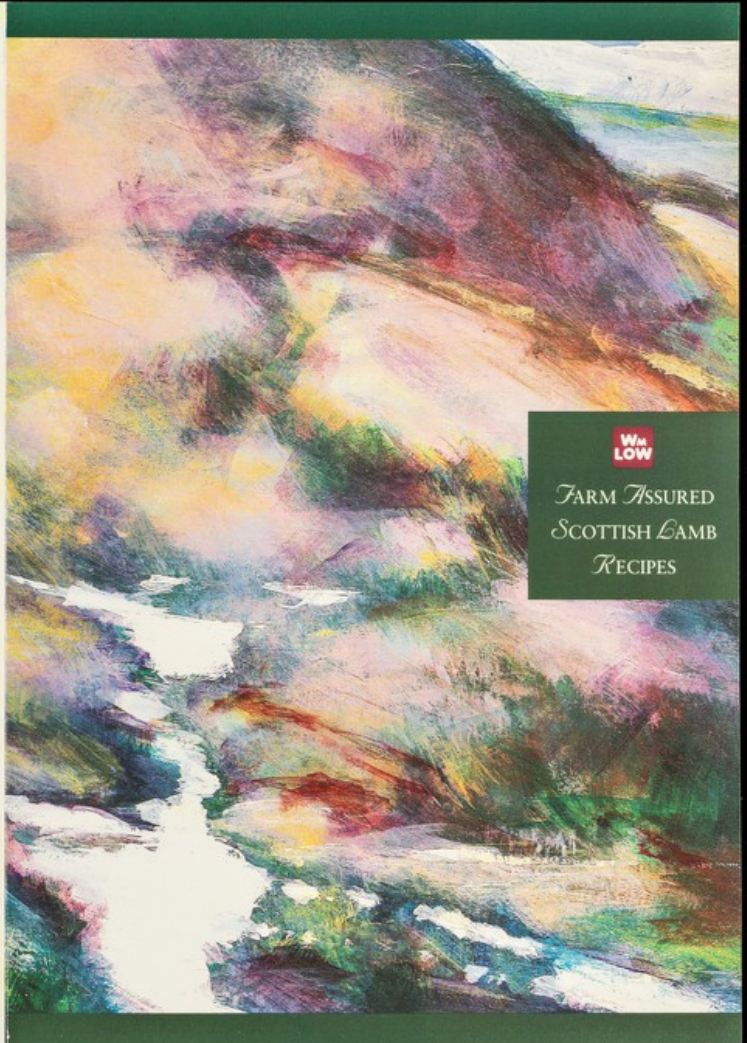


For further information on Wm Low Farm Assured Scottish Lamb or FASL, please contact Wm Low Customer Services Department, Wm Low Supermarkets, PO Box 73, Baird Avenue, Dundee, DD1 9NF.

Wm Low & Co. plc, Baird Avenue, Dundee

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Designed and Produced by McEvoy Cousins, Edinburgh



**Wm
LOW**

FARM ASSURED
SCOTTISH LAMB
RECIPES

Wm Low, North Ayr, 13-11-93

Farm Assured Scottish Lamb

Wm Low Farm Assured Scottish Lamb can be enjoyed throughout the year and this leaflet provides some serving suggestions and recipes that are particularly suitable during the Autumn months.

Look out for the Wm Low Farm Assured symbol which appears on all our meat products that come from approved Scottish Farms that produce Farm Assured Scottish Livestock (FASL).



This scheme promises our customers the highest standards of farming practice, and guarantees all Wm Low Farm Assured Meat is 'Farm Fresh and Food Safe'.

If the cut or joint of meat you would like is not available, please ask our trained butchers' advice.

Wm Low Farm Assured Scottish Lamb – the perfect choice for a healthy balanced diet.

LAMB STIR-FRY

Serves: FOUR

Cooking Time: APPROX. 8-10 MINUTES

Ingredients:

450G (1LB) LAMB LEG STEAKS OR NECK FILLET, CUT INTO STRIPS
MARINADE:
2 CLOVES GARLIC, CRUSHED
2.5CM (1") PIECE ROOT GINGER, PEELED AND GRATED
1 x 5ML SP (1TSP) CHINESE 'FIVE SPICE' POWDER
1 x 15ML SP (1TBSP) SOY SAUCE
JUICE OF 1 ORANGE
1 x 5ML SP (1TSP) OIL
100G (4OZ) GREEN BEANS, TRIMMED AND HALVED
100G (4OZ) BEANSPROUTS
½ HEAD CHINESE LEAF, SHREDDED
1 ORANGE, GRATED RIND AND SEGMENTED
1 x 5ML SP (1TSP) CORNFLOUR

Method:

- 1 Combine marinade ingredients and add the lamb.

- 2 Cover and marinate for approximately 30 minutes.
- 3 Drain the meat well, reserving the marinade. Heat the oil in a wok or large frying pan.
- 4 Add meat and stir-fry for 2-4 minutes.
- 5 Add the vegetables and stir-fry for 1-2 minutes.
- 6 Blend the cornflour with the reserved marinade.
- 7 Pour into the wok and cook until the sauce thickens.
- 8 Serve with noodles or rice.



MUSTARD GLAZED LAMB

Serves: FOUR

Cooking Time: APPROX. 15 MINUTES

Ingredients:

4 LAMB STEAKS OR CHOPS
4 x 5ML SP (4TSP) WHOLEGRAIN MUSTARD
2 x 5ML SP (2TSP) SOFT BROWN SUGAR

Method:

- 1 Cook the steaks or chops on one side under a preheated grill for about 7 minutes, depending on thickness.
- 2 Turn the steaks over and cook for 3 minutes.
- 3 Mix mustard and sugar together and spread on the steaks.



- 4 Cook for a further 4-5 minutes until cooked.
- 5 Serve with a green salad or fresh seasonal vegetables.

GINGER AND HONEY GLAZED ROAST LAMB

Serves: FOUR TO SIX

Cooking Time:

ALLOW 25 MINUTES PER 450G (1LB)
PLUS 25 MINUTES – MEDIUM
30 MINUTES PER 450G (1LB)
PLUS 30 MINUTES – WELL DONE

TEMPERATURE:
GAS MARK 4-5, 180°C, 350°F

Ingredients:

900G – 1.35KG (2-3LB) LAMB JOINT

GLAZE:

3 x 15ML (3TBSP) CLEAR HONEY
1 x 5ML SP (1TSP) GROUND GINGER

Method:

- 1 Weigh the joint and calculate the cooking time as above.
- 2 Place joint on a trivet in a roasting tin and roast in a preheated oven.



- 3 Thirty minutes before the end of cooking time, mix together the honey and ginger.
- 4 Brush over the lamb.
- 5 Return to the oven, brushing occasionally with any remaining glaze.
- 6 Serve with new potatoes and fresh seasonal vegetables.