

## **April 20, 2016**

### **3 New Ways to Enjoy Spring Lamb**

Lamb is a versatile red meat used in many different cultures. Transport yourself to Greece, India and Tuscany with these new lamb recipes:

Our Greek Lamb burgers are spiked with roasted red peppers, parsley, onion, garlic, spinach and oregano. Don't forget our Lemon Feta Aioli and some Kalamata olives for a real Greek-inspired treat.

Our Tandoori Lamb Kebabs are heady with the aromas of cumin, coriander and ginger. Make our creamy Cucumber Sauce with Greek yogurt for a cooling accompaniment.

The classic combination of red wine, rosemary and Dijon in our Tuscan Grilled Rack of Lamb make it worth making a day ahead. Complete the meal with a light salad, a crusty baguette and a glass of your favourite vino.

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#### **GREEK LAMB BURGERS**

##### **Ingredients:**

1 lb (0.5 kg) lean ground lamb  
3/4 cup (175 mL) fresh bread crumbs  
1/4 cup (50 mL) chopped drained canned roasted red peppers  
1/4 cup (50 mL) chopped fresh parsley  
1/4 cup (50 mL) finely chopped onion  
1 clove garlic, crushed  
1 pkg (10 oz / 300 g) frozen chopped spinach, thawed and squeezed dry  
1 egg  
1 tsp (5 mL) oregano, crumbled  
1 tsp (5 mL) salt  
1/4 tsp (1 mL) freshly ground pepper  
6 hamburger buns



Thin slices red onion, tomato slices and sliced ripe olives  
Lemon Feta Aioli (recipe below)

### **Method:**

Combine first 11 ingredients (lamb through pepper) until well blended. Shape lamb mixture into 6 patties.

Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in buns with onion, tomato, olives and Lemon Feta Aioli. *Serves 6.*

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### **Lemon Feta Aioli**

#### **Ingredients:**

1/2 cup (125 mL) mayonnaise  
1/2 cup (125 mL) shredded feta cheese  
1 tsp (5 mL) fresh lemon juice  
1/2 tsp (2 mL) grated lemon peel  
1/4 tsp (1 mL) freshly ground pepper  
1 clove garlic, crushed

#### **Method:**

Place all ingredients in a food processor; process until smooth. Transfer to a serving dish. Cover and refrigerate until serving. *Makes about 2/3 cup (150 mL).*

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### **TANDOORI LAMB KEBABS**



## Ingredients:

Bamboo skewers  
1/4 cup (50 mL) yogurt  
2 tsp (10 mL) cumin  
1 tsp (5 mL) coriander  
1/2 tsp (2 mL) ginger  
1/4 tsp (1 mL) cayenne pepper  
1 lb (0.5 kg) boneless lamb, cut into 1 inch (2.5 cm) cubes  
2 1/2 cups (625 mL) zucchini chunks (1 inch/2.5 cm)  
1 cup (250 mL) large red seedless grapes (about 30)  
Cucumber Sauce (recipe below)

## Method:

Soak bamboo skewers in hot water for 30 minutes. To prepare marinade, combine yogurt, cumin, coriander, ginger and cayenne pepper in a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade; seal bag. Let stand for 20 minutes. Remove lamb from marinade; discard marinade. Thread lamb, zucchini and grapes alternately onto soaked skewers. Broil kebabs for 8 - 10 minutes. Alternatively, kebabs may be grilled over medium heat on natural gas barbecue. Serve with Cucumber Sauce. *Serves 4.*

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## Cucumber Sauce

### Ingredients:

3/4 cup (175 mL) yogurt  
1/2 cup (125 mL) finely chopped seeded English cucumber  
1/4 tsp (1 mL) dill weed  
1/4 tsp (1 mL) salt  
1/4 tsp (1 mL) freshly ground pepper



### **Method:**

Combine all ingredients in a small bowl. Refrigerate until serving or for up to 4 hours.

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## **TUSCAN GRILLED RACK OF LAMB**

### **Ingredients:**

- 1 cup (250 mL) dry red wine
- 2 tbsp (25 mL) Dijon mustard
- 1 tbsp (15 mL) four peppercorn blend, crushed
- 1 1/2 tsp (7 mL) chopped fresh rosemary
- 2 cloves garlic, crushed
- 1/3 cup (75 mL) olive oil
- 2 racks of lamb (8 ribs each)

### **Method:**

To prepare marinade, whisk together wine, mustard, four peppercorn blend, rosemary and garlic until combined. Gradually whisk in oil until blended. Pour marinade into a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 20 - 30 minutes. Remove lamb from marinade; discard marinade. Cover bones with heavy-duty foil to prevent them from charring. Grill lamb over medium heat on natural gas barbecue to desired doneness. *Serves 4.*