

Here are two easy lamb recipes for summer meals. The first one is for grilling and is a good appetizer or served in a sandwich or served over mixed greens. The second one is like a lamb jambalaya. It's also good served chilled or room temperature over mixed greens for a summer salad.

Lamb Brochettes

Amt.	Unit.	Ingredients
1	lb.	Cubed lamb, 1" leg meat works best
3	tbsp.	Olive oil
1	sm.	Onion, diced
2	ea.	Garlic clove, minced
1	tbsp.	Paprika
½	tsp.	Crushed red pepper
¼	tsp.	Fresh ground cumin
¼	tsp.	Dried oregano and rosemary
1	tsp.	Salt
½	tsp.	Fresh ground pepper

Method:

1. Combine ingredients in bowl, add meat, coat well and marinate overnight in refrigerator.
2. Put meat onto skewers and broil/grill over moderate heat for 3 minutes per side.

You can also cook the meat in a cast iron skillet. I usually cook the meat medium rare.

Lamb and Basmati Rice

Amt.	Unit.	Ingredients
3	oz.	Olive oil
½	lb.	Ground lamb or cubed shoulder meat 1/3"
2	cloves	Minced garlic
½	tsp.	Ground cardamom*
½	tsp.	Ground cinnamon*
¼	tsp.	Ground cloves* or you can substitute 1 tsp. of curry powder* for all three
½	tsp.	Cayenne
1	tsp.	Kosher salt
2	cups	Onions, 1/3 " dice
1	cup	Carrots, 1/3" dice
1	cup	Celery, 1/3" dice
1	cup	Parsnips or other seasonal vegetables – beans, peas, red pepper, 1/3" dice
1	ea.	Tomato, diced
1	cup	Basmati rice
2	cups	Water, vegetable or meat stock
1	tsp.	Salt
½	tsp.	Black pepper

Method:

1. In medium sauce pan heat on medium flame and add oil.
2. Add meat and cook till cooked through.
3. Add garlic and spices; cook till fragrant. If dry, add a little more oil or white wine.
4. Remove meat from pan.
5. Add onions and cook till softened and edges are starting to brown.
6. Add carrots, celery, parsnips and cook till softened.
7. Add tomato, stir and add rice. Stir and cook with cooking juices.
8. If pan is starting to dry, add a little olive oil.
9. Add meat, liquid, salt and pepper.
10. Bring to a boil, cover, reduce heat to low and cook on stove for 20 minutes. Liquid should be almost absorbed.
11. Remove from burner and let rest 10 minutes.
12. Stir, adjust seasoning and enjoy!

Fresh parsley or scallions are a great addition.