



WHITE OAK

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PASTURES

BLUFFTON, GEORGIA

GRASSFED LAMB RECIPES

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Braised Lamb Shoulder with Fennel and Orange

Lamb shoulder has great fat content (not gamey) flavor, which makes it ideal for this sweetly spiced, Mediterranean inspired braise.

Ingredients:

- | | |
|-------------------------------------|--|
| 1 Bone-in lamb shoulder fat trimmed | 1 orange (with peel) cut into pieces |
| Kosher Salt | 2 bay leaves |
| Freshly Ground black pepper | 1 cinnamon stick |
| 2 tbsp olive oil | 1 14.5 oz can peeled whole tomatoes |
| 1 fennel bulb, coarsely chopped | 3 cups low sodium chicken broth |
| 1 medium onion, coarsely chopped | 2 tbsp pomegranate molasses (optional) |
| 1 head of garlic, halved crosswise | |
| 1 cup dry white wine | |

8 servings

Preparation:

Heat oven to 325°. Pat lamb dry; season with salt and pepper. Heat oil in a Dutch oven or other large heavy pot over medium-heat heat. Cook lamb, turning occasionally, until browned on all sides, 6-8 minutes; transfer to plate.

Add fennel, onion, and garlic to same pot and cook, stirring frequently, until golden brown and softened, 6-8 minutes. Add wine and bring to a boil, scraping up brown bits. Reduce heat and simmer until reduced by half, 6-8 minutes.

Add orange, bay leaves, cinnamon stick, tomatoes, and broth along with lamb is fork tender, 1 ½-2 hours. Transfer lamb to a clean plate. Strain cooking liquid through a fine mesh sieve into a large bowl; return to pot. Bring to a boil, reduce heat, and simmer until thick and velvety, 20-30 minutes.

Stir in pomegranate molasses, if using, and return lamb to pot and cook, stirring to coat, until heated through. Serve lamb with Cucumber Dill Tzatziki, Three Herb and Onion Salad, and Western Pita Bread.

Ingredients:

2 tsp coriander seeds	1 medium fennel bulb, coarsely chopped
4 garlic cloves, smashed	1 medium carrot, peeled coarsely chopped
1/2 cup coarsely chopped rosemary	1 head of garlic, halved crosswise
2 tsp dried oregano	2 dried chiles de arbol or 1/2 tsp crushed red pepper flakes
2 tsp freshly ground black pepper	3/4 cup red wine
3/4 cup olive oil, divided	Flaky sea salt
16lb boneless leg of lamb, butterflied	
Kosher salt	

8 servings

Preparation:

Toast coriander seeds in a dry small skillet over medium heat, tossing often, until fragrant, about 2 minutes. Let cool; finely grind in spice mill or mortar and pestle.

Pound garlic, rosemary, oregano, and pepper with a mortar and pestle or pulse in a food processor until garlic and rosemary are broken into fine pieces or finely chopped. Mix in coriander, then, stirring constantly, stream in 1/2 cup oil. Mix until a thick paste forms. Season lamb all over with kosher salt and spread half of the rosemary paste over inside of lamb. Starting from a short end, roll up lamb so it is resting seam side down. Starting at the center, tie with kitchen twine at even intervals. Rub outside of lamb with remaining rosemary paste and place on a rimmed baking sheet. Chill at least 4 hours and up to 12 hours (letting the lamb marinate longer will really allow the flavors to meld and permeate the meat).

Remove lamb from refrigerator and let sit to come to room temperature, about 1 hour (this facilitates even cooking). Preheat oven to 450 °. Roast lamb until well browned all over, 20-25 minutes. Remove from oven and reduce oven temperature to 300 °. Meanwhile, heat remaining 1/4 cup oil in a Dutch oven or other heavy pot large enough to fit lamb over medium. Add onion, fennel, carrot, and garlic and cook, stirring occasionally, until vegetables are soft and golden, 15-20 minutes. Add chiles de arbol and wine and bring to a simmer. Remove from heat.

Carefully place lamb in pot and pour in water to come halfway up sides of meat. Place in oven and braise lamb, uncovered, until an instant thermometer inserted into the thickest part registers 120°, about 1 hour. Transfer lamb to a cutting board and let rest 30 minutes. Slice lamb and transfer to a platter. Spoon some braising liquid over and sprinkle with sea salt. Serve with salsa verde and harissa.

Braised Lamb with Rosemary Garlic

If you really want to go all out, you can brown the lamb in a wood burning oven where it could absorb smoky flavors. For the rest of us mere mortals, that step for this recipe can be done in a hot oven.

Chile Cumin Lamb Meatballs with Yogurt and Cucumber

Chef Seamus Mullen serves these robustly flavored meatballs as a shared plate at El Colmado, his NYC tapas bar, but they are also a great main dish

8 to 10 servings

Ingredients:

Chile Sauce

3 pasilla chiles, seeds removed, chopped
1 1/2 tsp crushed red pepper flakes
1 tbsp cumin seeds
1/4 Sherry vinegar or red wine vinegar
1 tbsp sweet smoked paprika
1 garlic clove, chopped
1/2 cup olive oil
Kosher Salt

Meatballs and Assembly

1/4 small onion, chopped
8 garlic cloves (7 chopped, 1 finely grated)
1 tbsp chopped fresh parsley
1 tsp chopped fresh oregano
1 tsp chopped fresh parsley
1 tsp chopped fresh sage
3/4 tsp fennel seeds
3/4 ground cumin
1 tbsp kosher salt, plus more
1 large egg
1 1/4 lb ground lamb
1 tbsp rice flour or all-purpose flour
4-5 tbsp olive oil, divided
1/2 English hothouse cucumber, thinly sliced
1/2 tsp finely grated lemon zest
2 tbsp fresh lemon juice
1 1/2 tsp Sherry vinegar or red wine vinegar
Freshly ground black pepper
1/2 cup plain sheep's milk or cow's whole milk yogurt
1/4 cup chopped fresh mint
Crushed red pepper flakes (for serving)

Preparation:

Chile Sauce

Toast chiles, red pepper flakes, and cumin seeds in a dry small skillet over medium heat, tossing occasionally, until fragrant and cumin seeds are golden, about 3 minutes. Let cool. Working in batches, finely grind in spice mill, then transfer to a blender.

Add vinegar, paprika, and garlic to blender and blend until smooth. With motor running, gradually stream oil and blend until combined. Transfer to large bowl; season with salt.

Do Ahead: Chile sauce can be made 2 days ahead. Cover and chill. Meatballs and Assembly

Meatballs

Pulse onion, chopped garlic, parsley, oregano, sage, fennel seeds, coriander, cumin, and 1 tbsp salt in a food processor, scrapping down sides as needed, until finely chopped. Add egg, lamb, and flour and pulse until evenly combined. Form lamb mixture into 1 1/2" balls.

Heat 2 tbsp oil in a large skillet, preferably cast iron, over medium-high. Working in 2 batches and adding another 1 tbsp oil to skillet if needed, cook meatballs, turning occasionally, until browned on all sides and cooked through, 5-8 minutes. Transfer meatballs to paper towels to drain.

Transfer all meatballs to bowl with chile sauce and toss to coat. Toss cucumber in a medium bowl with lemon zest, lemon juice, vinegar, and remaining 2 tbsp oil; season with salt and pepper. Spoon yogurt into bowls. Evenly divide meatballs among bowls; top with dressed cucumber and mint and sprinkle with red pepper flakes.

Do Ahead: Meatball mixture can be made 1 day ahead. Cover and chill.





Cumin-Chile Lamb Kebabs with Garlic Yogurt

A perfect cube is not essential, but try to get the lamb into roughly the same size pieces so they cook at the same rate

Ingredients:

Garlic Yogurt:

1 garlic clove, grated
1/2 tsp finely grated lemon zest
1 tbsp fresh lemon juice
1 cup plain greek yogurt
Kosher salt, freshly ground pepper

Lamb and Assembly:

2 tbsp sichuan peppercorns or 1 tsp black peppercorns
2 tsp caraway seeds
2 tsp crushed red pepper flakes
1 tsp sugar
Vegetable oil (for grill)
1 1/4 lbs boneless lamb shoulder, cut into 1-inch pieces
Kosher salt, freshly cracked pepper
Finely grated lemon zest (for serving)

4 servings

Preparation:

Garlic Yogurt

Stir garlic, lemon zest, and lemon juice into yogurt in a small bowl to combine; season with salt and pepper.

Do Ahead: Yogurt can be made 3 days ahead. Cover and chill.
Lamb and Assembly

Lamb

Coarsely grind cumin seeds, peppercorns, caraway seeds, red pepper flakes, and sugar in spice mill or with mortar and pestle until only a few whole spices remain.

Prepare a grill for medium-high, indirect heat (for a charcoal grill, bank coals on one side of the grill; for a gas grill, leave one or two burners off). Oil grates. Thread lamb onto 6-8 skewers, leaving a small gap between each piece of meat. Season with salt, then sprinkle generously with spice blend, pressing it onto the meat with your hands to help it adhere if needed.

Grill lamb over direct heat, turning every minute or so, until browned and beginning to char in spots, about 4 minutes. Move to cooler side of grill and continue to grill until lamb is cooked to desired doneness, about 4 minutes longer for medium-rare.

Top garlic yogurt with cracked black pepper and a little lemon zest. Serve alongside lamb.

Special Equipment: a spice mill or mortar and pestle; eight 8-12 in long metal skewers

Do Ahead: Spice blend can be made 1 month ahead. Store airtight at room temperature.



Grilled Saffron Rack of Lamb

In this rack of lamb recipe, the lamb needs to marinate overnight, so be sure to start 1 day ahead.

Ingredients:

2 racks of lamb (3-3 1/2), rib bones frenched
Kosher salt, freshly ground pepper
2 garlic cloves, crushed
1 cup plain 2% fat greek yogurt
2 tbsp olive oil
1 tsp finely grated lemon zest
1/2 tsp saffron thread, finely crumbled

6 servings

Preparation:

Season lamb with salt and pepper and place each rack of lamb in a large resealable plastic bag. Whisk garlic, yogurt, oil, lemon zest, and saffron in small bowl and divide between bags. Seal bags, pressing out excess air; turn to coat. Refrigerate lamb overnight.

Prepare grill for medium-high, indirect heat. (For a charcoal grill, bank coals on 1 side of grill; for gas grill, leave 1 burner turned off) remove lamb from marinade and wipe off excess. Place lamb over direct heat and cook, turning and moving to cooler part of grill as needed to avoid flare ups, until browned all over, 8-10 minutes.

Move lamb to cooler part of grill. Cover grill and cook lamb, turning occasionally, until an instant read thermometer inserted into the center registers 125 ° for medium rare, about 15 minutes longer. Let lamb rest 10 minutes. Cut into individual chops.

Lamb Chops with Pomegranate Relish

The tart sweetness of the pomegranate relish cuts through the richness of the lamb.

Ingredients:

1/2 cups pomegranate seeds
1/4 cup chopped black olives
1/4 cup crumbled feta
1/4 cup plus 2 tbsp olive oil
2 tbsp chopped fresh flat-leaf parsley
Kosher salt and freshly ground black pepper
8 lamb rib chops
2 tsp crushed fennel seeds

4 servings

Preparation:

Prepare grill or grill pan for medium-high heat. Mix pomegranate seeds, olives, feta, 1/4 cup oil and parsley in a bowl; season with salt and pepper. Rub lamb chops with remaining 2 tbsp oil, then fennel; season with salt and pepper and grill to desired doneness. Serve with relish.





Lamb-Bacon Burger with Spicy Aioli

At Rioja, in Denver, half of the bacon is replaced with ground fatback, a step that makes this excellent burger even better.

Ingredients:

Aioli

1 large egg yolk
2 tsp Dijon mustard
1/2 cup vegetable oil
1 canned chipotle chile in adobe,
finely chopped
1 garlic clove, finely grated
2 tsp finely grated lemon zest
1 tsp fresh lemon juice
Kosher salt

Assembly

4 plum tomatoes, cored, halved lengthwise
1 tbsp thyme leaves
1 tbsp plus 2 tsp olive oil
1 1/2 tsp kosher salt, plus more
Freshly ground black pepper
1/2 lb thick cut bacon, cut into pieces
1 lb ground lamb, preferably from the
shoulder
3 tbsp finely chopped fresh sage
4 buns, toasted
1/3 lb fresh mozzarella, thinly sliced
3 cups baby arugula
1 tsp Sherry vinegar or red wine vinegar

4 servings

Preparation:

Aioli

Whisk egg yolk and mustard in a medium bowl to combine. Whisking constantly, gradually drizzle in oil, drop by drop at first; keep going until aioli is thickened and smooth. Whisk in chipotle, garlic, lemon zest, and lemon juice; season with salt. Cover and chill.

Do Ahead: Aioli can be made 1 day ahead. Keep chilled.

Assembly

Preheat oven to 225 °. Toss tomatoes, thyme, and 1 tbsp oil on a baking sheet; season with salt and pepper. Arrange tomatoes cut side down and roast until skin is slightly browned and beginning to separate from flesh, 75–85 minutes. Let cool, then slip off skins. While tomatoes are roasting, freeze bacon until almost frozen through, about 40 minutes (this will help it chop cleanly in the food processor). Pulse bacon in a food processor, scraping down sides of bowl as needed, until very finely chopped, about 1 minute.

Transfer bacon to a medium bowl and gently mix in ground lamb, oregano, sage, and 1/2 tsp salt just to combine. Divide meat into 4 equal portions and gently shape into 3/4" thick patties.

Heat a grill pan or a cast iron skillet over medium-high. Cook patties until lightly charred and medium-rare, about 2 minutes per side. Generously spread buns with aioli and build burgers with patties, roasted tomatoes, and mozzarella.

Toss arugula in another medium with vinegar and remaining 2 tsp oil; season with salt and pepper.

Serve burgers with arugula alongside.

Ingredients:

4 sprigs oregano
4 sprigs thyme
2 sprigs rosemary
2 bay leaves
1/4 cup olive, plus more
1 whole lamb shoulder
Kosher salt
Freshly ground black pepper
8 oz pearl onions, peeled
4 garlic cloves, thinly sliced
2 tbsp balsamic vinegar
1 cup dry red wine
6 cups low-sodium chicken broth
1 cup semi-pearled faro or wheat berries, rinsed
1 3/4 pounds baby turnips, trimmed, scrubbed, halved if large
1 bunch asparagus, trimmed, cut into 1in pieces on a diagonal
1 bunch arugula, kale, or mustard greens

6 servings

Preparation:

Tie together oregano, thyme, rosemary, and bay leaves with kitchen twine.

Heat 1/4 cup oil in a large heavy pot over medium-high. Season lamb with salt and pepper. Cook, turning occasionally, until browned, 8-10 minutes per side. Transfer to a plate. Add onions to pot and stir to coat. Season with salt and pepper and cook until starting to brown, about 4 minutes. Stir in garlic; cook 30 seconds before adding vinegar. Cook scraping up browned bits, until syrupy, about 1 minute.

Add wine, bring to a boil, and cook until reduced by one-fourth, about 4 minutes. Add broth, lamb, and herb bundle. Bring to a boil, reduce heat, and simmer gently, partially covered, until lamb is tender, 75-85 minutes.

Stir in faro and cook until nearly al dente, 15-20 minutes. Remove herb bundle; add turnips. Cook until faro is cooked through, turnips are turnips, and lamb is almost falling apart, 30-40 minutes. Mix in asparagus and peas; cook until crisp-tender, 2 minutes. Add greens and stir to wilt. Season with salt and pepper. Serve drizzled with oil.

Ragout of Lamb and Spring Vegetables with Faro

This elegant stew can be made up to the pint that the faro goes in; then cover and chill up to 2 days.



Slow-Grilled Leg of Lamb with Mint Yogurt and Salsa Verde

The classic pairing of lamb and mint in this centerpiece dish is a timeless must-try. Add in the zest of the salsa verde and your taste buds will thank you. With three separate components, you will feel like a mastered chef after creating this delicious meal.

8 to 10 servings

Ingredients:

Mint Yogurt

1 garlic clove, finely chopped
2 cups whole milk plain Greek yogurt
1 cup chopped fresh mint
1 tbsp (or more) fresh lemon juice
Kosher salt
Freshly ground black pepper

Salsa Verde

6 oil-packed anchovy filets
4 garlic cloves, chopped
3/4 cup extra virgin olive oil
3/4 cup chopped fresh parsley
1/2 cup chopped fresh mint
2 tbsp drained capers
1 tbsp fresh lemon juice
kosher salt
Freshly ground black pepper

Lamb

1 cup rosemary leaves
3/4 cup peeled garlic cloves (from about 2 heads)
3/4 extra virgin olive oil plus more per serving
1 5 1/2- 6 1/2 lb whole bone-in leg of lamb, shank attached frenched
Kosher salt
Freshly ground black pepper
1 cup chopped preserved lemons
1/2 cup chopped fresh mint

Preparation:

Mint Yogurt

Mix garlic, yogurt, mint, and lemon juice in a medium bowl. Season with salt, pepper, and more lemon juice, if desired.

Do Ahead: Mint yogurt can be made 1 day ahead. Cover and chill.

Salsa Verde

Process anchovies, garlic oil, parsley, mint, capers, and lemon juice in a food processor until herbs are finely chopped; season with salt and pepper.

Do Ahead: Salsa verde can be made 1 day ahead. Cover and chill.

Lamb

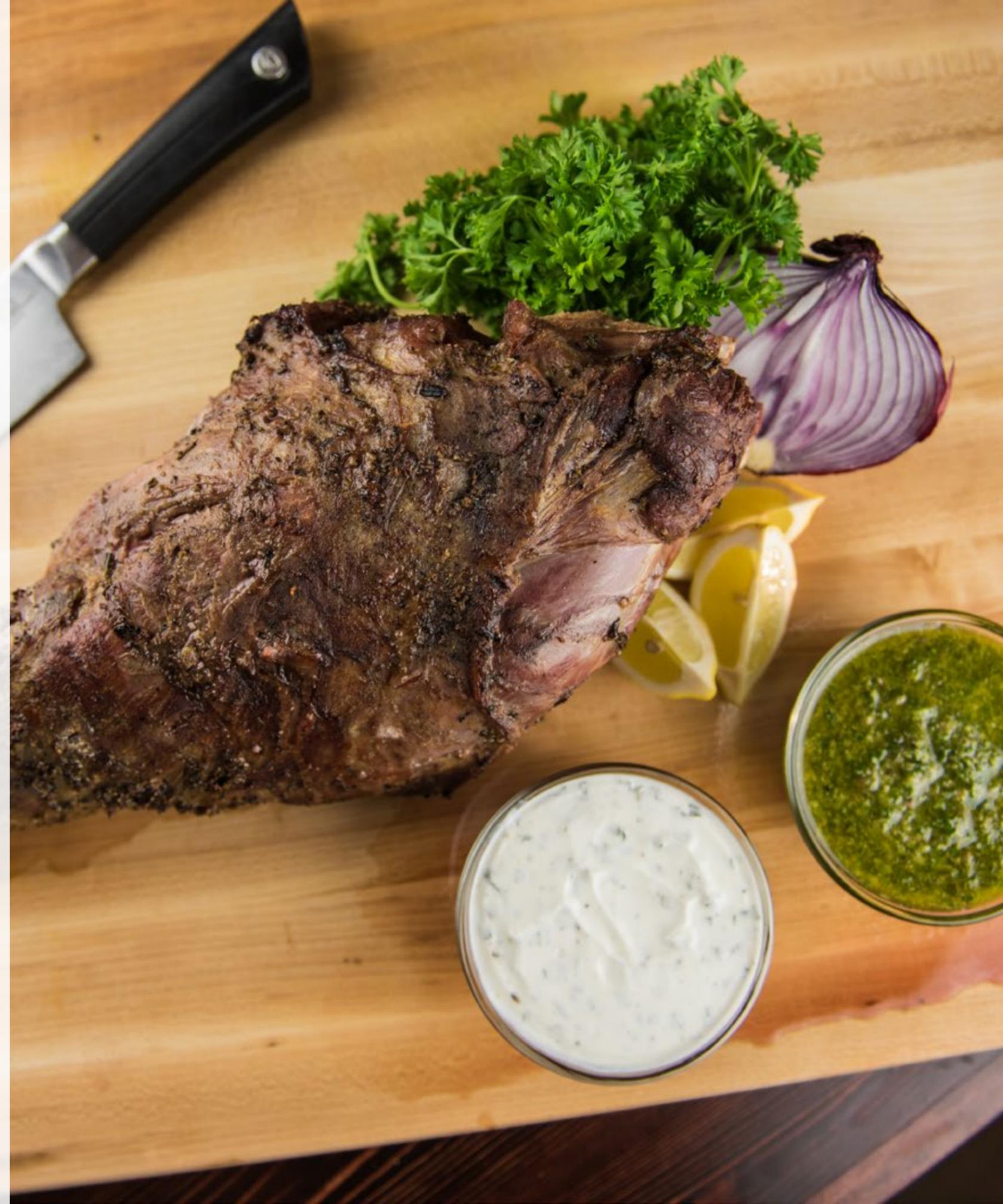
Prepare grill for medium-high, indirect heat (for a charcoal grill, bank coals on one side of grill; for gas grill, leave one or two burners off). Blend rosemary, garlic, and 3/4 cup oil in a blender or food processor until rosemary and garlic are finely chopped. Season lamb all over with salt and pepper and smear with rosemary mixture.

Grill lamb, fat side up, over direct heat, turning often and moving to cooler side of grill as needed to control flare ups, until evenly browned all over, 15-20 minutes (lamb and marinade are both very fatty, so monitor closely and move off the grill for a moment if flare ups get too intense). Position lamb over indirect heat and grill until an instant read thermometer inserted into the thickest part of the lamb registers 135 °, 1 1/2-2 hours. (The leg is composed of several muscle groups; take the temperature in multiple spots for the most accurate reading).

Transfer lamb to a cutting board and let rest 5 minutes. Holding bone, thinly slice lamb against the grain, continuing until you reach the bone. Rotate lamb and continue to thinly slice (slice only as much as you are serving).

Top lamb with lemons and mint; serve with mint yogurt and salsa verde.

Do Ahead: Lamb can be marinated 1 day ahead; hold at room temperature. Grill over high to reheat, about 4 minutes, before slicing and finishing as directing above.





Spiced Lamb Hand Pies

If you're not a lamb person, ground beef will also taste great.

Ingredients:

3 tbsp white wine vinegar	1/4 tsp ground cardamom
3 tbsp dried currants	1/4 tsp ground tumeric
2 tbsp olive oil	1/2 lb ground lamb
1 small onion, finely chopped	1 cup canned crushed tomatoes
Kosher salt	1/3 cup frozen peas
Freshly ground black pepper	2 tbsp chopped fresh parsley
1 tbsp tomato paste	All-butter pie Dough
3/4 tsp ground cumin	All-purpose flour (for surface)
3/4 tsp ground ginger	1 Large egg, beaten to blend

4 servings

Preparation:

Bring vinegar to a boil in a small saucepan. Add currants; set aside. Heat oil in a large skillet over medium-high. Cook onion, stirring occasionally, until browned and softened, about 5 minutes. Add garlic; season with salt and pepper. Cook, breaking up with a spoon, until browned and cooked through, about 3 minutes. Stir in tomatoes, season with salt and pepper, and bring to a simmer. Stir in peas; cook until bright green, about 5 minutes. Drain reserved currants and add to lamb along with parsley. Let cool. Place a rack in middle of oven; preheat to 350°. Working with one at a time, roll out dough on a lightly floured surface to 12" squares. Cut each into 4 squares; transfer to 2 parchment lined baking sheets. Spoon filling onto one side of squares, leaving 1/2" border. Brush edges with egg and fold dough over filling. Press to seal; crimp with a fork. Cut a few vents in tops; brush with egg.

Bake until pies are golden brown, 0-35 minutes. Let cool slightly.

Do Ahead: Filling can be made 2 days ahead. Cover and chill.

Spicy Lamb and Lentils with Herbs

Fragrant bits of spicy ground lamb and heaps of fresh herbs in this recipe transform ordinary lentils into the pantry party kid.

Ingredients:

1 tbsp vegetable oil
1/2 lb ground lamb
Kosher salt
Freshly ground pepper
2 garlic cloves, thinly sliced
1 tsp crushed red pepper flakes
1/2 tsp cumin seeds
1 1/2 cups cooked brown or French Green lentils (from 1 cup dried)
1/2 English hothouse cucumber, chopped
1/2 cup chopped fresh cilantro, plus leaves for serving
3/4 plain whole milk Greek yogurt

4 servings

Preparation:

Heat oil in a medium skillet over medium-high. Season lamb with salt and pepper and arrange in pan in an even patty about 1/4" thick. Cook, pressing occasionally to help meat make contact with pan, until underside is browned and very crisp, about 5 minutes. Carefully turn, pouring off excess fat (reserve), and cook until other side is crisp, about 5 minutes.

Break up lamb into small pieces. Mix in garlic, red pepper flakes, and cumin. Cook, stirring occasionally, until spices are fragrant and lamb is cooked through but still juicy, about 2 minutes. Transfer lamb mixture to a bowl with a slotted spoon.

Place lentils and 2 tbsp of reserved fat in same skillet, season with salt and pepper, and cook, tossing occasionally, until lentils start to brown and crisp, 5-8 minutes. Return lamb to skillet and toss to combine and warm through. Remove from heat and stir in cucumber, cilantro, and parsley.

Spoon yogurt onto plates and top with lamb mixture, then some more cilantro and parsley. Serve with flatbread and lemon wedges.



A top-down view of several pieces of flatbread pizza on a white plate. Each piece is topped with a dark, crumbly lamb mixture, thin slices of red onion, and fresh green parsley. The flatbread is golden brown and slightly puffed at the edges.

Spicy Lamb Pizza with Parsley Red Onion Salad

Homage to lahmacun, the Middle Eastern flatbread.

Ingredients:

2 garlic cloves, finely grated
1/4 cup tomato paste
3/4 tsp ground cinnamon
3/4 tsp ground cumin
3/4 tsp smoked paprika
3/4 tsp Kosher salt, plus more
12oz ground lamb
All-purpose flour (for dusting)

8oz prepared pizza dough, cut in half, room temperature
2 tbsp olive oil, divided, plus more for drizzling
1/2 small red onion, thinly sliced
1 cup parsley leaves with tender stems
1 tbsp fresh lemon juice
Crushed red pepper flakes (for serving)

6 servings

Preparation:

Place a baking sheet on a rack in lower third of oven; preheat to 500°. Mix garlic, tomato paste, cinnamon, cumin, paprika, and 3/4 tsp salt in a large bowl. Mix in lamb.

Working with 1 piece of dough and keeping remaining piece covered, gently stretch dough into a 10x8" oval and transfer to a lightly floured parchment lined baking sheet. (If dough springs back, cover and let rest 10 minutes, then stretch again, resting as needed.) Crumble half of the lamb mixture over dough and brush edges with 1 tbsp oil. Slide onto preheated baking sheet and bake until crust is golden brown, 6-8 minutes. Transfer pizza to a wire rack. Repeat with remaining dough, lamb mixture, and 1 tbsp oil. Drizzle pizzas with more oil.

Toss onion, parsley, and lemon juice in a bowl; season with salt. Scatter over pizza; sprinkle with red pepper flakes.

Chef Reid Harrison



At White Oak Pastures, our sheep play an important role in our Serengeti Rotational Grazing Model. Our lambs are 100% grass fed and grass finished, raised on pasture, and processed in our on-farm, USDA-inspected, zero-waste abattoir. Our lamb is hand butchered the old fashioned way, by a man with a knife.

