

\$2.50



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**Recipes For**



**Lamb Base**



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# Recipe Notes

## TABLE OF CONTENTS

Lamb Waldorf Salad	2
Middle Eastern Lamb Soup	2
Honey Wine Lamb Sauce	2
Quick Scotch Broth	3
Irish Lamb Stew	3
Braised Lamb Ragout	4
Swedish Dill Lamb Sauce	4
Lamb A La Deutsche	5
Spinach Mushroom Duxelle	5
Lamb Osso Bucco Milanese	6
Peas & Panchetta	6
Scotch Broth	7
Lamb Demi Glace	7
Rack Of Lamb Giovanni's	8
Braised Lamb Shank With Olive Oil & Herb Couscous	8
Steamed Loin Of Lamb	9
Pastitsio	9

## Steamed Loin Of Lamb

2	Lbs.	Loin Of Lamb -- Trimmed Of Fat
¾	Tsp	Cumin
¾	Tsp	Coriander
3	Tbsps	Fresh Lemon Juice
6	Cloves	Garlic -- Pureed
12	Ounces	Savoy Cabbage
4½	Ounces	Scallion
¾	Tsp	<b><u>CIO Lamb Base</u></b>

Mix garlic, lemon juice, coriander, pepper and Base. Rub loins with mixture. Refrigerate 3 hrs. Blanche cabbage and onions, pat dry. Spread ½ the leaves on table (green ones on bottom) large enough to roll up 1 loin and 2 scallions. Roll up halfway, tuck in sides, continue until completely rolled. Wrap tightly in Saran wrap. Repeat for 2nd loin. Simmer 25 min. in water. Let stand 5 min., remove wrap, cut off ends and slice into 8 pieces, ¾" each. Serve with favorite sauce or gravy. Serves 6

## Pastitsio

1	Tbsp	Olive Oil
1	Cup	Onion -- Cut ¼" X 1"
1	Tbsp	Garlic Cloves Minced To Taste
1	Tsp	Oregano
¾	Tsp	Dried Thyme
½	Tsp	Ground Cumin
1/8	Tsp	Ground Red Pepper
1/8	Tsp	Ground Ginger
	Dash	Ground Cinnamon
1		Bay Leaf
1	Pound	Ground Lamb
1	Tbsp + 1½ Tsp.	<b><u>CIO Lamb Base</u></b>
¼	Cup + 2 Tbsp.	All-Purpose Flour
1	Cup	Hot Water
¾	Cup	Crushed Tomatoes In Puree
¼	Cup	Burgundy
2½	Quarts	Hot Water
½	Tsp	Salt
3	Cups	Small Rotini
1		Egg White
1½	Tbsps	Parmesan Cheese -- Freshly Grated

In 4 qt. sauce pot, heat oil over med-heat until hot. Add onions & garlic cloves; saute/stir 3-5 min. Stir herbs; continue saute 2 min. Discard Bay Leaf. Add lamb; cook until lightly browned, 7-10 min.\* Stir in Lamb Base and flour, blend well. Continue to cook 2 min., stirring constantly. Add water, tomatoes and wine, mixing well. Heat to simmering over med-heat. Simmer 2 min., stirring occasionally. Remove from heat. Set aside. In another 4 qt. sauce pot, combine water and salt. Heat to boiling over med. heat. Stir in pasta; cook 6-8 min. stirring occasionally. Drain; rinse with cold water. Set aside. In a small mixing bowl, beat egg whites until soft peaks form. Fold pasta and whites into meat. Pour into a baking dish. Sprinkle with cheese. Bake at 375° uncovered 30-35 min., until lightly browned. \*if desired, drain fat and decrease flour to 3 Tbsp. Serves 6

## Lamb Waldorf Salad

2	Cups	Cooked Lamb -- Trimmed And Diced
1½	Cups	Seedless Red Grapes -- Cut In ½ Lengthwise
2 ½	Cups	Apples (2 Medium) Unpeeled - Any Variety -- Cored And Med. Diced
		Cold Water
1	Tbsp	Lemon Juice
1	8 Oz.	Container Sour Cream
½	Cup	<b><u>CIO Lamb Base</u></b>
1/8	Tsp	Fresh Ground White Pepper
½	Cup	Walnuts -- Coarsely Chopped

Put grapes and apples into large bowl. Cover with cold water; stir in lemon juice. Set aside. In large mixing bowl, combine sour cream, mayo, Base and pepper. Whisk until well blended. Fold in nuts, drained grapes, apples and lamb. Mix until coated. Chill 2 hrs. Serve on lettuce leaves. Serves 6

## Middle Eastern Lamb Soup

4	Tbsps	Butter
4	Tbsps	Olive Oil
2	Large	Onions -- Chopped
3	Pounds	Lamb Stew -- Cut In 1" Pieces
1	Tbsp	Sugar
1	Cup	Dry White Wine
2	Cans	(12 Oz. ) Tomato Sauce
½	Tsp	White Pepper
1½	Pounds	Green Beans
¼	Tsp	Ground Cumin
7	Cups	Water
2	Tbsps + 1 Tsp.	<b><u>CIO Lamb Base</u></b>

Heat butter and oil in deep skillet. Add onion, sugar, wine, tomato sauce, pepper and lamb. Cover & simmer 45 min. When lamb is tender, add beans and Lamb Base. Sprinkle with cumin, stir in water. Cook over low heat, covered, 30 min. Serve. Serves 6

## Honey Wine Lamb Sauce

3	Ounces	Butter
1/8	Cup	Onions -- Finely Chopped
1	Clove	Garlic -- Minced
3	Ounces	All-Purpose Flour
1¾	Quarts	Hot Water
2¼	Ounces	<b><u>CIO Lamb Base</u></b>
¼	Cup	Honey
¼	Cup	Burgundy Wine
1/8	Tsp	Ground Red Pepper

In sauce pot, melt butter over medium heat. Stir in onions and garlic. Saute/stir 2-3 min. Whisk in flour. Stir over medium heat until well blended and evenly cooked, 2-3 min. Remove from heat. Stir in water and Base, blending well. Heat to boiling over medium heat, stirring often. Reduce heat, gently boil 8-10 min. Add honey, wine and pepper. Heat to simmering. Serve over sliced lamb. Serves 32

### Quick Scotch Broth (Lamb & Barley Soup)

1	Large	Onion -- Chopped
4	Medium	Carrots -- Diced
6	Cups	Water
2	Tbsps	<b><u>CIO Lamb Base</u></b>
½	Cup	Pearl Barley
		Pepper To Taste
2	Tbsps	Fresh Parsley -- Chopped
1	Pound	Ground Lamb -- Optional

Heat water and Base to low boil. Stir in onion, barley and pepper & lamb. Simmer covered 40 min. Stir in carrots, cook 20 min. Serves 6

### Irish Lamb Stew

2	Pounds	Lamb, Well Trimmed -- Cut 1" Cubes
3	Cups	Hot Water
6	Cups	Hot Water
3	Tbsps	<b><u>CIO Lamb Base</u></b>
2	Cloves	Garlic
3	Cups	(4 Medium) Potatoes -- Diced Medium
1	Cup	Onions -- Diced Medium
½	Cup	Carrots -- Diced Medium
½	Cup	Celery -- Diced Medium
½	Cup	Green Onions -- Diced
1	Tsp	Browning Aid (Kitchen Bouquet) -- Optional
	Dash	Ground White Pepper
2	Cups	(2-3 Medium) Potatoes -- Diced Large
1½	Cups	Carrots -- Sliced ¼" Thick
1½	Cups	Onions -- Diced Medium
1 ¼	Cups	Celery -- Sliced ¼" Thick
2	Tsps	Fresh Parsley -- Finely Chopped

In sauce pot, cover lamb with 1st amt. water. Heat to boiling over medium heat. Reduce heat, simmer 5 min. Remove from heat, drain, discard liquid, set aside. In another sauce pot, combine 2nd amt. water, Lamb Base & garlic cloves, 1st amt. potatoes, onions, carrots, celery, green onions, browning aid and pepper. Heat to boiling over med-high heat. Reduce heat, gently boil apx. 1 hr. loosely covered until very tender. Stirring occasionally. Pour mixture into food processor, puree 3-5 min. Scrape pureed vegetables into a heavy roasting pan. Add lamb, stirring well. Cover and bake at 400°F for 1 hr. Stir in remaining vegetables and parsley. Cover, continue baking 45 min., until vegetables are tender. Serves 10 - 2½ Qts

### Rack Of Lamb Roast Giovanni's

2	Pounds	(6 Ribs) Rack Of Lamb
	Sprinkling	Fresh Ground Pepper
1	Tbsp	Fresh Thyme -- chopped
2	Tbsps	<b><u>O' Dell's Clarified Butter</u></b>
1	Medium	Onion -- chopped coarse
1	Each	Carrot -- chopped coarse
1	Stalk	Celery -- chopped coarse
½	Tsp	Rosemary -- chopped
½	Cup	Dry White Wine
1	Cup	Water
1	Tsp	<b><u>CIO Lamb Base</u></b>

Preheat oven to 450°F. Trim lamb, leaving fat covering. Score fat in a diamond pattern. Season with salt, pepper & thyme. Cover protruding bones with foil to keep from burning. Dissolve Base in water; set aside. In "oven-safe" saucepan heat margarine. Add lamb; saute until golden in color on both sides. Place skillet with lamb in oven 15 min. Remove from oven and remove lamb from skillet. Reduce oven temp. to 400°F. Pour off excess fat. Add onions, carrot, celery and rosemary to skillet. Return lamb to pan and roast in oven 15-20 min. for medium rare. Remove lamb to platter, keep warm. Place skillet over high heat. Add wine and reduce by boiling without lid 3 min. Add lamb stock, cook until lightly thickened, apx. 10 min. Strain out vegetables. Carve into chops. Arrange on plates. Spoon sauce over meat. Serves 3

### Braised Lamb Shank With Olive Oil & Herb Couscous

6		Lamb Shank Medallions
1	Medium	Onion -- Diced Medium
1	Cup	Celery -- Diced Medium
1	Cup	Carrots -- Diced Medium
½	Cup	Port Wine
1/8	Cup	<b><u>CIO Lamb</u></b> Or Beef Stock
¾	Cup	Prepared <b><u>Minor's Demi-Glace</u></b>
2		Bay Leaves
4	Sprigs	Fresh Thyme
3	Cups	Prepared Couscous
4½	Cups	Chicken Broth (use <b><u>Minor's Chicken Base</u></b> )
½	Cup	Kalamata Olives -- Slivers
¼	Cup	Celery -- Chopped
3	Sprigs	Rosemary -- Chopped
		Salt And Pepper -- To Taste

Add 1 Tbsp. oil into large roasting pan, heat. Once oil is ready, add lamb shanks and sear well on both sides. Add onion, celery and carrots stirring occasionally, until vegetables have caramelized. Add port, lamb or beef broth, demi-glace, bay leaves and pepper to taste. Raise heat to simmer. Cover pan with tight fitting lid. Place in 225°F oven for apx. 1 hr. If necessary add water throughout cooking time. Cook couscous in chicken broth per pkg. directions. Add olives, celery and rosemary, stir until ingredients are evenly distributed. Place mixture into pan, cover and let sit 10-15 min. Add 1 Tbsp. olive oil, fluff with fork. Serve with lamb shank. Serves 2

## Scotch Broth

1¾	gallons	prepared <b><u>CIO Lamb Broth</u></b>
1½	lbs.	cooked lamb, small dice
4	oz.	barley
1		bay leaves
¼	tsp.	thyme
1	tsp.	<b><u>Amore Garlic Paste</u></b>
1	Tbsp.	chopped parsley
1	lb.	onion, small dice
½	lb.	carrot, small dice
¼		stalk celery, small dice
1½		small yellow turnips, small dice
1		leeks, small dice
½	lb.	mushrooms, sliced
		salt and pepper to taste

Bring Lamb Broth to a simmer. Add lamb and simmer 10 minutes. Add barley, herbs and garlic, .cook 30-40 minutes, or until barley is nearly tender. Add remaining ingredients and simmer until vegetables and barley are tender. Adjust seasoning if necessary. Yields 1 ½ Gallons

## Lamb Demi Glace

2		bay leaves
2	Tbsp.	minced fresh thyme
1	tsp.	minced fresh sage
1	Tbsp.	minced fresh rosemary
1	20 oz.	can diced tomatoes
1	quart	prepared <b><u>CIO Lamb Base</u></b>
1	quart	prepared <b><u>Minor's Demi Glace Sauce</u></b>
12	oz.	red wine
2	Tbsp.	<b><u>Amore Garlic Paste</u></b>
4	oz.	vegetable oil
½	lb.	small diced onion
¼	lb.	small diced carrots
¼	lb.	small diced yellow turnips
¼	lb.	small diced celery

In a sauce pot heat the oil and sauté Garlic in Oil until just golden brown, then add all vegetables. Sauté until onion is transparent, add red wine, prepared Demi Glace Sauce Mix, prepared No Added MSG Lamb Base and herbs. Simmer sauce until all vegetables are tender, remove bay leaves and blend sauce with a burr mixer or remove bay leaves, strain cooked vegetables and puree, then add back to sauce and mix thoroughly. Reserve for use or refrigerate. Yields 1 Gallon

## Braised Lamb Ragout

1	bunch	fresh sage
2	sprigs	fresh Rosemary
12	oz.	red wine divided into 2 oz. & 10 oz.
1	20 oz.	can diced tomatoes
1	quart	prepared <b><u>CIO Lamb Base</u></b>
1	quart	prepared <b><u>Minor's Demi Glace Sauce</u></b>
		salt & pepper
4	oz.	Garlic in Oil
4	oz.	olive oil
5	lbs.	boneless leg of lamb
2	sprigs	fresh thyme
3		bay leaves
1	lb.	small diced onion
1	lb.	small diced carrots
½	lb.	small diced yellow turnips
½	lb.	small diced celery

Trim leg of lamb removing excess fat & sinew and cut into ½ inch cubes. Season lamb cubes with olive oil, salt, pepper & Garlic in Oil and 2 oz. red wine. Blend well and marinate overnight. In a hot sauté pan, sear marinated lamb. Place seared lamb in a deep oven proof pan and cover with diced vegetables, herbs, prepared Demi Glace Sauce Mix and prepared No Added MSG Lamb Base. Deglaze pan with 10 oz. red wine and add to seared lamb & vegetable mixture. Cover and cook in a 400°F oven until lamb is fork tender. Gently remove lamb and vegetables, discard herbs then thicken sauce if necessary. Yields 20 8oz portions

## Swedish Dill Lamb Sauce

¾	Cups	Hot Water
1	Tbsp	<b><u>CIO Lamb Base</u></b>
1	Scant Tsp.	Sugar
1½	Tps	Lemon Juice
1	Tbsp	Fresh Dill* -- Finely Chopped
	Dash	Browning Aid (Kitchen Bouquet) -- Optional
2	Ounces	<b><u>Minor's Dry Roux Sauce/Soup Thickener</u></b>
½	Cup	Lukewarm Water

In saucepot, combine water Base, lemon juice, sugar, dill and browning aid. Heat to simmering over medium heat. In small mixing bowl whisk Thickener with warm water until smooth. While whisking vigorously, gradually pour into hot liquid. Heat to boiling over medium heat, stirring constantly. Boil/stir 1 min. Reduce heat and simmer 2-3 mins. Serve hot over Stuffed Grape leaves or any lamb entree. \*1- 1½ tsp. dried dill weed may be used in place of fresh. Serves 16 - 2 oz servings

## Lamb A La Deutsch

1½	Tbsps	Vegetable Oil
1½	Lbs	Boneless Leg Of Lamb*, Well Trimmed -- Cut In 1 X 1½" Pcs
1	Cup	Hot Water
2	Tsps	<u>CIO Lamb Base</u>
¾	Tsp	Paprika
1½	Tbsps	Butter Or Margarine
2	Cups	Fresh Mushrooms -- Sliced ¼" Thick
1	Cup	Onions -- Cut In ½" Squares
1	Cup	Green Peppers -- Cut In ¾" Squares
1½	Cups	Reserved Juice And Hot Water
2	Tsps	<u>CIO Lamb Base</u>
1	Clove	Garlic - Chopped
¼	Cup	Tomato Puree
¼	Cup	Burgundy Wine
¼	Cup	<u>Minor's Dry Roux Sauce/Soup Thickener</u>
¼	Cup	Lukewarm Water

In a saucepan, heat oil over medium heat until hot. Stir in lamb; cook until browned, apx. 15 min. Add water, 1st amt. Lamb Base and paprika. Heat to boiling over medium heat. Reduce heat, gently boil 20-30 min. Drain and reserve liquid. Melt butter in same pan with meat. Stir in mushrooms, onions, peppers and garlic cloves. In 1 qt. saucepan, combine juice, water, tomato puree, wine, Lamb & Garlic Bases. Heat to simmering over medium heat, stirring occasionally. In small mixing bowl, whisk Roux with water until smooth. Gradually pour into hot stock, whisking vigorously. Heat to boiling over medium heat, stirring constantly. Boil/stir 1 min. Add thickened stock to meat and vegetables. Heat to simmering over medium heat, stirring occasionally. Simmer 5 min. Serve over rice or noodles. Serves 5

## Spinach Mushroom Duxelle

1½	Ozs	Butter
12	Ozs	Mushrooms -- Diced Fine
2	Ozs	Onions -- Diced Fine
4	Ozs	Well Cooked Spinach -- Drained
2	Tsps	<u>CIO Lamb Base</u>
Pinch		White pepper

Heat butter in large saute pan. Add mushrooms and onions; saute for 15 mins, until moisture is gone. Mix in spinach, Lamb Base and pepper. Use for stuffing in en croute chops.

## Lamb Osso Bucco Milanese

2-3	lb	Lamb Shanks Tied W/ String Around Outside
¾	tsp	<u>CIO Lamb Base</u>
¼	C	All-Purpose Flour
1	Tbsp	Olive Oil
1	tsp	Olive Oil
1	C	Onions, diced small
½	C	Carrots, diced small
¼	C	Celery, diced small
2	cloves	Minced garlic
¼	tsp	Ground marjoram
1	C	Hot water
2	tsp	<u>CIO Lamb Base</u>
6	Tbsp	Crushed tomatoes In puree
¼	C	Pale dry cocktail sherry
1 ½	tsp	Fresh parsley -- chopped fine
¾	tsp	Orange rind, grated
¼	tsp	Lemon rind, grated

Rub shanks with ¾ tsp Lamb Base. Dredge lamb in flour; coat well. Set aside. In frying pan, heat 1 Tbsp oil over medium heat until hot. Place lamb in pan, bone side up. Brown on all sides, about 30 minutes, transfer to roasting pan. In same frying pan, stir 1 tsp oil, onions, carrots, celery, garlic and marjoram. Saute over medium heat 5-7 min., stirring often. Set aside. In saucepan, combine water, 2 tsp Lamb Base, crushed tomatoes, sherry, parsley, and rinds. Add vegetables. Heat to boiling over medium heat; simmer 5 min, stirring occasionally. Pour over veal. Cover and bake 375°F - 1 ½ - 2 hrs, until veal is tender. Remove string. Serve with ¼ C sauce. For the perfect accompaniment to this dish try... Serves 4

## Peas and Panchetta:

2	Tbsp	Olive oil
⅓	C	Panchetta, diced small
⅓	C	Onion, diced small
2	tsp	Garlic, minced
2	C	Peas, fresh or frozen
1	tsp	Fresh parsley, chopped
		Fresh ground black pepper to taste
1	C	Water
1	tsp	<u>Chicken Base</u>

In skillet heat oil until hot but not smoking. Add panchetta, saute until almost crisp. Remove. Add onions and garlic to pan, saute until soft. Add peas, stirring gently to coat, saute 3-4 minutes. Combine water and Base, add to pan with panchetta. Boil, reduce heat. Simmer 20-30 minutes, reducing liquid by ½. Garnish with parsley. Serve.