

# *American Lamb*

## LUNCHES



# Lamb Skewers with Greek Salad

Yield: 12 servings

Ingredient Cost per Serving: \$3.78 / Suggested Menu Price: \$12.00

Strips of American Lamb sirloin are marinated in a Greek-inspired marinade before grilling on skewers and serving atop a Greek salad composed of romaine lettuce, red peppers, cucumber, cherry tomatoes, red onion, olives and Feta.

## INGREDIENTS

**American Lamb** sirloin, cut into 2-ounce strips  
Greek Dressing/Marinade (recipe follows)  
Romaine lettuce, shredded  
Red bell pepper, diced  
Cucumber, diced  
Cherry tomatoes, halved  
Red onion, diced, soaked in ice water  
Kalamata olives, pitted, chopped  
Feta cheese, crumbled

### Greek Dressing/Marinade (3 cups):

Minced garlic  
Crushed fennel seeds  
Red wine vinegar  
Dry leaf oregano  
Olive oil  
Salt and ground black pepper  
Minced fresh parsley

## WEIGHTS

3 pounds  
1-1/2 pounds  
15 ounces  
15 ounces  
12 ounces  
4 ounces  
3 ounces  
6 ounces

## MEASURES

3 cups  
1-1/2 gallons  
3 cups  
3 cups  
3 cups  
3 cups  
3/4 cup  
3/4 cup  
1-1/2 cups  
3 tablespoons  
1 tablespoon  
2/3 cup  
2 teaspoons  
2 cups  
to taste  
1/2 cup

## METHOD:

Place lamb in a large stainless bowl or hotel pan. Pour 1-1/2 cups Greek Dressing/Marinade over lamb; toss well to coat. Reserve remaining Greek Dressing/Marinade for salad. Let lamb strips marinate for 45 minutes or overnight.

Skewer lamb strips on bamboo skewers (1 strip per skewer/2 skewers per salad); grill 2 minutes per side or until medium rare. Keep warm.

In a bowl, combine romaine, pepper, cucumber, tomatoes, onion, olives and feta cheese. Add approximately 1-1/2 cups Greek Dressing/Marinade; toss to coat. Place 3 cups salad in each bowl; top each salad with 2 warm lamb skewers and serve immediately, drizzling each salad serving with extra dressing if desired.

For Individual Salads: Toss 2 cups greens with 2 tablespoons Greek Dressing/Marinade, 1/4 cup peppers, cucumbers, tomatoes, 1 tablespoon drained onions and olives, and 2 tablespoons feta cheese. Top with 2 skewers of lamb.

For the Greek Dressing/Marinade: In a deep bowl, combine garlic, fennel, vinegar, oregano, oil, salt, pepper and parsley. Process with an immersion blender; mix to blend well.



Fresh, homegrown American Lamb adds an unexpected and upscale twist to lunch menus – from aromatic kabob salads to hearty soups and stews. Best of all, these lunch menu items are affordable – **with ingredient costs under \$5.**

# Lunches



**Bastilla** – Simmer ground lamb, onions, garlic, tomatoes, raisins and Moroccan spices. Cool and place into filo dough and bake.

**Hearty American Lamb and Barley Soup** – Add leftover leg of lamb meat, shallots, carrots, celery, tomatoes and mushrooms to cooked barley in a rich lamb broth. Garnish with fresh chopped herbs.

**Lamb Fried Rice** – Fry diced Asian-spiced slow-roasted lamb shoulder with cooked brown rice, diced red bell peppers, shredded carrots, chopped scallion, grated ginger and chilies and toss with cooked peas. Serve with a wasabi-ginger-soy sauce.

**Lamb Kofta Kabobs** – Mix ground lamb with a seasoning blend of cinnamon, cardamom, allspice, ginger, cumin and pepper. Form into ovals and wrap on skewers. Grill to order and serve with a simple minted couscous salad.

**Shepherd's Burger** – Pan-sear onion and garlic-crust ground lamb burgers and served on top of a simple mashed potato cake. Top with a hearty mushroom and caramelized onion gravy.

**Thai Lamb Curry** – Cook lamb strips in a basic red or green curry with onion, ginger, garlic, soy, rice wine vinegar and coconut milk. Add cooked sweet potatoes chunks and red peppers strips and serve over jasmine-style rice.



For more recipes and information, visit [AmericanLamb.com](http://AmericanLamb.com)