

## **Lamb Meat Loaf**

1 # Ground Lamb  
1/4-1/2 t- BBQ Spice  
1/2 t- Thyme  
1 t -salt  
1 t- pepper  
1 T- chopped Onion  
1 slice of bread soaked in water

Mix all above together. Make a loaf, roll in flour. Butter dish and put loaf in dish. Bake 45 min at 350 deg. Then pour sauce over loaf, put lid on and back in oven for another 30 min.

### **Sauce**

3/4 mustard  
1/2 cup Ketchup  
2 T chopped Onion  
1 T water  
1 T worcestershire sauce  
1/4 C vinegar  
1/2 t sugar

Mix and pour over loaf

## **Meat Pies**

2 C fat  
1 C building water  
4 C self rising flour  
1/4 t salt

Rasp fat- pour boiling water over fat, stir until fat is dissolved. Cool and work in flour and salt. Make two same size balls. Roll one ball into a thin rectangle, cut in half. Put meat mix in the middle. On half of dough rub with water, fold over the top. Put on cookie sheet/ put egg wash over top. Cook in oven at 350 deg, for 20 min. until light brown. Cut into bit size peaces.

### **Meat Mix**

Brown in pan 1 T margarine, 2 T chopped onion

Add 1 # ground lamb  
salt  
pepper  
1 T vinegar  
1 T worcestershire sauce  
1 T chutney  
1 egg w/splash of milk

Cook meat then add 1 heaping teaspoon of Bisto mixed with water to meat. Let meat cool completely before using in dough.

1 # of meat is enough for one ball that is cut in half. If you want to make both pies double recipe.

## **Lasagna (16 People)**

2 C Mushrooms  
2 1/2 C of Bacon  
4 med size carrots  
1 Large Onion  
1 Bell Pepper  
2 Clovis of garlic  
3/4 teaspoon of oil  
2 # of Lamb  
1 can of tomato past  
1/2 C chutney  
3 t oregano  
2 t salt  
pinch of peper  
Lasagna noodles  
40 g parmesan cheese rasped fine

### **Sauce**

80 g butter  
75 g cake flour  
5 ml salt  
6 c milk  
250 g grated cheddar cheese

Cut mushrooms into strips, shred bacon, peel and rasp carrots, chop onion. Cut pepper into strips, bruise garlic. Sauté mushrooms, bacon, carrots, onion, pepper and garlic in oil. Add ground lamb, and cook until slightly brown. Add tomato paste, chutney, oregano and salted pepper. Cover and simmer for 20 min on low heat.

Make white sauce with butter, flour, salt and milk. Add 3/4 of cheddar cheese. Use baking pan with volume of 12 cups, treat pan and add lasagna, meat and cheese sauce in differing layers. Add parmesan cheese to the top and the rest of the cheddar cheese bake for 40 min at 350 degrees till golden brown.

## **Meatballs**

500 g Ground Lamb  
1 T vinegar  
1 T worcestersous  
Salt and pepper

1 Slice brown bread soaked and water and strained  
Mix everything, make meatballs. Shake meatballs in flour ( in a Cup)

Sauce

Mix a heaping T Bisto with 3 cups of water in pot. Place meatballs in sauce, cover and cook over slow heat for 15 to 20 min ( it boils over easily, maybe leave the lid open a little)

## **Hamburger Patties**

500 g Ground Lamb  
1 Slice brown bread soaked in cold water Press water out thru screen and add meat.  
1 D vinegar  
1 D worcestershire sauce  
Salt and Pepper 1 Egg  
1 Onion chopped finely

Mix all the ingredients , make patties, bake in oven at 300 degrees for 20 min. immediately remove from pan.

## **Shepards Pie**

Fry one onion in 2 T butter. Add 500 gram ground lamb. Add salt and pepper and 1D vinegar, 1D worcestershire, and 1 T ketchup. Stir with fork while cooking. Make mashed potatoes. add to the top of the meat , rasp some cheese on top and bake in oven till cheese is melted.

## **OR**

Pastry dough instead of mashed potato for the topping.

Sift together  
3/4 c flour  
2t baking powder  
pinch of salt

Wisk  
1 egg  
1/2 c milk  
1/2 c oil

Wisk together and pour over meat after the meat is cooked then bake in oven

## **Bobotie**

1 kg cooked lamb  
1 thick slice bread soaked in 1 c milk  
2 medium chopped onions  
2 eggs  
1 d sugar  
2 T curry powder  
2 T vinegar  
2 t butter

Fry onions in butter and add curry, as well as salt , sugar, vinegar, and meat, wise eggs with a little milk. Stir in part of egg mixture into meat, and the rest over the top. Bake in oven for 20 min at 325 Fahrenheit

## **Meatloaf**

500 g ground lamb

1/2 t braai spice

1/2 t time

1 t salt

pepper

1 T chopped onion

1 slice bread soaked in water

Mix altogether make meatloaf and roll in flour.

Place in treated pan and bake for 45 min at 350 . Then pour sauce over and bake for another 30 min with lid open

### Sauce

3/4 t mustard

1/2 c ketchup

2 T chopped onion

1 T water

1 T worcestershire

1/4 c vinegar

1/2 t sugar

Mix all ingredients and pour over loaf