
MUTTON

Much has been done in recent years to restore Mutton's image as a very flavoursome product, full of character and open to gastronomic discovery.

In general, mutton is perfect for well-established slow cooking and roasting recipes which have been heavily publicised in recent times. However, in this leaflet, we provide alternative ideas so why not discover – or re-discover – the flavour of mutton for yourself.

Our recipes were developed by chef Scott Lyall and his team from Adam Smith College, Fife to combine Scottish traditions and modern cuisine.



Mutton Broth

Serves 4

INGREDIENTS

450g boneless shoulder or leg, trimmed of excess fat

50g pearl barley, rinsed and drained

25g split peas, soaked overnight and drained

1 large chopped onion

1 chopped leek

2 grated carrots

1 grated turnip

¼ small green cabbage – shredded

1tbsp freshly chopped parsley

Seasoning

METHOD

Place the mutton in a large pan with 2 litres of water, the pearl barley and split peas. Season with salt and pepper. Slowly bring to the boil – skimming off any white fat from the surface. Cover and simmer for 1 ½ hours or until the meat is tender.

Add the onion, carrot, turnip and leek and continue to simmer for 45 minutes.

Remove the mutton from the pot. When cool enough to handle, remove the meat from the bone, shredding it into small pieces. Return the meat to the soup with the cabbage and simmer for a further 15 minutes.

Generously season with freshly ground black pepper. Ladle generous portions into deep bowls and enjoy!

Haricot of Mutton

Serves 4

INGREDIENTS

4 mutton steaks cut from the leg or neck

1tbsp vegetable oil

2 large onions, sliced, or 8 shallots

2 large carrots, thickly sliced

1 large turnip, cut into chunks

4 sticks celery, sliced into 2.5cm lengths

2tbsp plain flour

1 litre lamb or chicken stock

2tbsp freshly chopped mixed herbs (i.e. rosemary, parsley and/or thyme)

Seasoning

METHOD

Heat the oil in a heavy based lidded saucepan. Fry the steaks and shallots for 3 – 4 minutes just to seal the meat and lightly colour.

Add the carrots, turnip and celery. Cover and cook gently for 3 – 4 minutes. Sprinkle on the flour and gradually stir in the stock and half the herbs. Season with a little salt and a generous grind of black pepper.

Bring to the boil, cover and reduce to a gentle simmer for 1-1½ hours or until the steaks are tender. Adjust the seasoning and add the remaining herbs. Delicious served with crusty bread or mashed potato and green vegetables.

Mutton & Turnip Pie

Serves 4

INGREDIENTS

1kg neck fillet, cut into 2cm pieces
1tbsp plain flour seasoned with salt and pepper, for dusting
2 large onions, finely chopped
2tbsp vegetable oil
1tbsp freshly chopped rosemary (or 1tsp dried)
1.5 litres lamb or chicken stock
2 large turnips cut into 2.5cm chunks
250g shortcrust pastry, rolled to 1/2 cm thick
1 beaten egg, to glaze

METHOD

Lightly dust the mutton with flour. Heat the oil in a heavy based pan, add the mutton and onion and gently fry without colouring for 3-4 minutes. Add the rosemary and stock; bring to the boil, cover and simmer for 1 1/2 to 2 hours or until the mutton is tender.

Add the turnips and if necessary, a drop of extra water. Cover and simmer for a further 15 minutes until the turnips are just tender. Leave to cool.

Cut out the pastry a little larger than the pie dish. Place a pie funnel in the centre of the dish then spoon in the cooled mutton. Brush the pastry edges with some egg and lay the pastry on the dish, pressing the edges on the rim. (If not using a pie funnel, cut a slit 2-3cm in the centre for the steam to escape).

Bake in a preheated oven for 45-50 minutes or until the pastry is crisp and golden brown. Serve with buttered cabbage and mashed potato.

White Mutton Stew with Broccoli and Mint

Serves 4

INGREDIENTS

1kg boned shoulder of mutton, diced
200g peeled and thinly sliced carrots
*150g onion peeled and stuck with 4 cloves/
2 bay leaves*
1 bunch mint leaves shredded/retain stalks
100ml cream
250g broccoli blanched refreshed and drained
40g butter
40g plain flour

METHOD

Put the diced mutton, carrots and studded onion in a pan and cover with cold water. Bring to the boil and skim away any excess fat that comes to the surface.

Turn the heat down and add the mint stalks and a little salt, allow to simmer for approximately 2 hours - topping up the water level as necessary. In another pan make a roux by melting the butter and stirring in the flour to form a thick paste.

When the mutton is tender, strain off the liquid and use this to make a sauce by adding a little at a time to the roux stirring and bringing to the boil with each addition until you have a smooth sauce. Allow to simmer, stirring occasionally for 20 minutes.

Discard the studded onion and place the mutton, carrots and broccoli in a clean pan. Strain on the white sauce, add the cream along with the shredded mint, bring to the boil and check the seasoning and consistency. Serve with mashed potato.

Mutton and Red Onion Terrine

Serves 4

INGREDIENTS

3 medium red onions halved and thinly sliced

300g mutton leg meat thinly sliced (raw)

2tbsp mint finely shredded

1tbsp flat leaf parsley finely shredded

300g pancetta or streaky bacon thinly sliced

Oil

Seasoning

METHOD

In a hot pan cook the onions in a little oil until soft. Season and stir in the shredded herbs and allow to cool. Use either a 1 litre terrine mould or ovenproof kitchen bowl and line with the rashers of pancetta or streaky bacon - overlapping slightly and allowing an overhang to cover the top.

Starting with the sliced mutton, layer the terrine with alternate layers of mutton and cooked onions seasoning as you go. Once the terrine is about two thirds full fold over the overhanging pancetta and press down and cover with kitchen foil.

To cook, place the terrine in a tray half-filled with water and place in the oven at 180°C for 2hr 15min. Remove the terrine from the oven and place a weight on top to press then leave in the fridge overnight.

When cold, turn out and slice. Excellent served with chutney and crusty bread.

Mutton Koftas with Cous Cous and Red Pepper Chutney

Serves 4

INGREDIENTS

FOR THE KOFTAS

200g minced mutton
1 finely chopped onion
2 finely chopped garlic cloves
1 ½ tsp cumin
½ tsp ground coriander
¼ tsp cayenne pepper
1 grated lemon zest
1tbsp chopped coriander

FOR THE COUS COUS

100g cous cous
200ml boiling water
6 dried apricots, chopped
5 basil leaves, torn

FOR THE KOFTAS SAUCE

150ml yoghurt
1 sprig chopped mint
1 sprig chopped parsley
Juice ½ a lemon

Seasoning

FOR THE RED PEPPER CHUTNEY

1 finely sliced red pepper
70ml olive oil
1tsp honey
1tbsp brown sugar
2tbsp white wine vinegar
½ finely sliced red onion
2 finely sliced cloves garlic

METHOD

KOFTAS

Place all the ingredients into a food processor and pulse until slightly pasty. With wet hands, divide the mixture and shape into ovals. Cover and refrigerate for approximately 30 minutes.

Grill, fry or bake in the oven for 5 minutes keeping the koftas juicy inside.

COUS COUS

Pour the boiling water over the cous cous. Cover with cling film and allow to stand. Season with salt and pepper. Additional ingredients may be added to suit your taste.

KOFTA SAUCE

Mix all the ingredients together and allow to infuse.

RED PEPPER CHUTNEY

Sear the peppers in half the oil for 2-3 mins. Add the honey, sugar, vinegar, diced red onions and garlic.

Cover and allow to simmer for 10 minutes or until peppers soften. Remove from the heat and add the remaining oil.

The Koftas may be served with any or all the additional dishes or alternatively with a simple Greek Salad.

Roast Mutton Wrap

Serves 4

INGREDIENTS

1.5kg leg of mutton, boned
2tbsp moroccan spice mix [ras el hanout]
Tomatoes halved and sliced
Iceberg lettuce shredded
Cucumber peeled, seeds removed and sliced
Yoghurt
Mint sauce
Tortilla wraps
Oil
Salt

METHOD

Rub the boned leg of mutton inside and out with the Ras El Hanout, season with a little salt then rub the mutton all over with oil. Roast in the oven at 180°C for 1 hour 30 minutes or until the meat is tender. Baste during cooking with the juices from the roast.

Remove the mutton from the oven and thinly slice with a sharp knife. Heat the tortilla wraps in a hot dry frying pan.

Lay a warmed wrap on a plate, fill with the sliced lamb and some of the salad, drizzle with yoghurt and a little mint sauce, sprinkle with a little salt and roll up. Repeat with remaining wraps.

The logo for Quality Meat Scotland (QMS) features the letters 'QMS' in a large, white, serif font. The 'Q' is stylized with a thick, curved tail that loops around the 'M'.

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