

Mint Creek | Leg Steaks

MUSHROOMS AND GINGER LAMB STEAKS LAMB STEAK AND CHUTNEY

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Preparation Time: 5 minutes

Marinating Time: 3-4 hours

Cooking Time: 20 minutes

Serves: 2

Ingredients

2 lamb round steaks, about 6 oz. each

1/3 cup soy sauce

2 Tbs. soy sauce

1 Tbs. brown sugar

1/4 tsp. ground ginger

1/4 tsp. ground nutmeg

2 Tbs. lemon juice

Instructions

Place lamb steaks in a glass dish. Combine remaining ingredients in a bowl and pour over lamb. Marinate in the refrigerator 3-4 hours. Turn on broiler. Remove meat from marinade and place on grill, broiler, or frying pan. Cook till brown on each side but pink in the middle.

LAMB STEAK AND CHUTNEY

Preparation Time: 15 minutes

Chilling Time: 2-4 hours

Cooking Time: 20 minutes

Serves: 2

Ingredients

1/4 cup onion, finely chopped

1/3 cup white wine vinegar

1/3 cup mint jelly

1/2 cup golden raisins

1/4 tsp. ground ginger

4 lamb sirloin or center steaks, about 1/4 lb. each

lemon pepper

Instructions

Combine onion and vinegar in a nonreactive saucepan over medium-high heat. Bring to a boil. Reduce heat to low, cover, and simmer 3 minutes. Add next 3 ingredients. Boil,

uncovered, 3 minutes. Pour into a bowl, cover and chill 2-4 hours. Turn on broiler or prepare grill. Season lamb with lemon pepper. Broil or grill about 4 inches from heat source 4-5 minutes per side, or to desired doneness. Serve with mint chutney.