



BLUESCREEK FARM MEATS'

Double Recipe

LAMB POT ROAST & GREEK ORZO SOUP

Serves 2 people x 2

INGREDIENTS

Meal 1:

3-4 lb lamb neck or bone in shoulder
4 small red potatoes, whole
2 medium carrots, chunked
½ sweet onion, chunked
salt & pepper to taste
Water

Meal 2:

4 C lamb broth and cooked meat
from neck/shoulder
2 large eggs
1 Tbsp fresh dill, chopped
1 Tbsp parsley, chopped
1/3 C orzo
3 Tbsp lemon juice

EQUIPMENT

Crock pot
Knife
Cutting board
Large container
Stock pot
Large spoon

INSTRUCTIONS

Meal 1:

Put the crock pot on low. Place the lamb neck(s) or shoulder into the crock pot. Toss the potatoes, carrots, and onions in on top. Add a little salt & pepper to taste and then generously cover with water. Make sure meat/vegetables are completely covered.

Cover with the lid.

Leave for 6-10 hours until the meat is tender and falling off the bone.

After you eat this meal put 4 cups of the juices (stock) and all of the leftover meat (remove bones) into a container to use on meal 2. If there are any vegetables leftover keep them in a separate container to eat with a different meal. Any additional juices (stock) left over should be frozen in an ice cube tray, then popped into a container to use as a base in future recipes.

Meal 2:

Bring broth to boil. Add orzo. Cook covered for 7 minutes or until tender. Add lamb meat, covered for 5 minutes longer or until hot through.

In medium bowl: beat eggs with lemon juice. Whisk in some of the hot broth and then return to pot. Cook, covered for 3 more minutes.

Stir in dill and parsley.

Garnish with lemon slices if desired.