

Tuscan Lamb Blend

Gourmet Morsels Tuscan Lamb blend is one of our best selling Products. It's mediterranean flavours are great to use as a rub on meat and vegetables, great as a crust on roasts, sprinkled on roasted vegetables and as a base in sauces and casseroles. Our blends have no added m.s.g and no artificial colours, flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened. Also available in our Australian BBQ Selection Box.

How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.

Slow Cooked Lamb Shanks

4 frenched lamb shanks, 1 onion (finely chopped), 2 garlic gloves (crushed), 400g can diced tomatoes, 1/2 cup white wine, 2tbs Tuscan lamb blend, mashed potato to serve. Pre heat oven to 160c. Heat some oil in a large flameproof casserole dish. Add shanks & brown all sides. Set aside. Add to casserole dish onion & garlic and cook another minute or so. Return shanks to pan, add 2 tbs Tuscan Lamb blend, tomatoes and white wine. Bake uncovered in oven for 2 1/2 hours. Season to taste & serve with hot mashed potatoes.

Other Suggestions



- Sprinkle / Rub over roasts and vegetables and oven bake
- Add to your favourite spaghetti sauce during cooking
- A great marinade for lamb, chicken and steak for the BBQ