



One Pot Lamb Recipes

Camp-With-Nature

12 Easy & Delicious Recipes for Your Next Outdoor
Adventure



Table of Contents

Dinner

1. Best-ever lamb casserole

2. Slow-cooked lamb Madras

3. Camp Oven Roast Lamb Recipe

4. Camp oven lamb roast with vegetables

5. Camp Oven Lamb Shanks

6. Lamb Stew in a Camp Oven

7. Camp Oven Casserole Secret Recipe!

8. Damper Dumplings Recipe

9. Quick Lamb Ragu

10. Lamb Stew in the Crock Pot or Pressure Cooker

11. Braised Lamb Chops in the Camp Oven

Breakfast

1. Lamb, apricot & chickpea tagine

Welcome to Camp Cooking!

There's something magical about cooking outdoors. Whether you're gathered around a crackling campfire under the stars or preparing a hearty meal on a portable stove, camp cooking brings people together and creates memories that last a lifetime.

This collection of 12 recipes has been carefully curated to make your outdoor cooking experience easy, delicious, and fun. Each recipe is designed with camp cooking in mind – simple ingredients, minimal equipment, and maximum flavor.


Essential Camp Cooking Tips:

- **Prep at home:** Chop vegetables, measure spices, and marinate meats before your trip to save time and hassle at camp.
- **Pack smart:** Use reusable containers and bags to organize ingredients. Label everything clearly.
- **Keep it cool:** Use a quality cooler with plenty of ice. Keep raw meat separate from other foods.
- **Master your heat:** Whether using a campfire or stove, learn to control temperature. Let coals burn down to embers for even cooking.
- **Bring the right tools:** A good knife, cutting board, pot, pan, and utensils go a long way. Don't forget foil and a grill grate!
- **Clean as you go:** Hot water, biodegradable soap, and a scrubber make cleanup easier. Dispose of waste properly.
- **Leave no trace:** Respect nature by following Leave No Trace principles and keeping your campsite clean.

Now let's get cooking! Turn the page to discover delicious recipes that will make your camping adventure unforgettable.

Dinner

Best-ever lamb casserole

 **Cook: 2 hours**

 **Serves: 6**

 **Medium**

Ingredients

- 50g plain flour 1.4-1.5kg boneless shoulder or leg of lamb, trimmed of excess fat and cut into 3cm pieces 2-3 tbsp sunflower oil 100g unsmoked bacon lardons or pancetta 1 large onion, chopped 6 medium carrots (about 600g), peeled and cut into 2.5cm pieces 4 large celery sticks, sliced 4 garlic cloves, crushed 1 tbsp chopped fresh rosemary 1 tbsp tomato purée 750ml chicken or lamb stock 3 bay leaves

Instructions

- 1) Put the flour into a large mixing bowl and season. Add the diced lamb to the bowl and toss until coated. Shake off the excess flour and reserve. Heat 2 tablespoons of the oil in a flameproof casserole or large nonstick pan, add half the lamb and fry over a high heat until browned on all sides. Lift out to a plate and repeat with the rest of the lamb. Set aside. 2) Add the bacon to the pan and cook over a medium heat until golden brown. Add the onion and, if needed, the remaining oil, and cook over a medium heat for 5 minutes, stirring frequently, until golden. Add the carrots and celery, cover and cook for 5 minutes. Uncover, add the garlic and rosemary and cook for 1 minute. Stir the reserved flour into the veg, followed by the tomato purée, stock and bay leaves, and bring to the boil, stirring. Return the lamb to the pan, part-cover, lower the heat and leave to simmer for 1¼ hours or until the lamb is tender and the sauce has thickened. Stir occasionally to make sure it's not catching on the base. Discard the bay leaves and season to taste. 3)

Slow-cooked lamb Madras

 Prep: 30

 Cook: 4

 Serves: 8-10, can easily be halved

 Medium

Ingredients

- 1 tbsp yellow mustard seeds 2 tbsp coriander seeds 2 tsp cumin seeds ½ tsp black peppercorns 2 tbsp smoked paprika 2 red chillies, roughly chopped (deseeded if you wish) 4 garlic cloves, roughly chopped 4cm piece root ginger, roughly chopped 3 tbsp tomato purée 2 x 400g tins chopped tomatoes 500ml chicken stock - use gluten-free stock if required 2 butterflied lamb leg joints, about 750g each 12 fresh or dried curry leaves 2 x 200g packs baby aubergines, halved lengthways 1 x 30g pack mint, leaves roughly chopped 1 x 30g pack coriander, roughly chopped

Instructions

- 1) Preheat the oven to 180°C, fan 160°C, gas 4. Place the three seeds and peppercorns in a small frying pan. Dry toast gently over a medium heat until they start to pop and turn a pale golden colour; this will only take a few minutes. Tip into a pestle and mortar and crush to a coarsely ground powder. 2) Place the paprika, chillies, garlic and ginger in a food processor and blitz to a fairly smooth purée, scraping down the sides. Add the tomato purée, chopped tomatoes and ground spices and blitz again until thoroughly mixed. Pour the mixture into a deep roasting tin and add the chicken stock and a pinch of salt. Stir everything together thoroughly. 3) Sit the lamb in the tin, skin-side down, spooning some of the sauce over to cover the meat. Scatter on the curry leaves then cover the tin with foil and seal tightly around the tin. 4) Roast for 2½ hours then remove from the oven and baste the lamb. Stir the aubergines into the sauce, re-cover and cook for a further 30 minutes. Remove the foil and roast uncovered for a final 30 minutes. Take the tin out of the oven and leave to rest for about 10 minutes. 5) Shred the meat with forks (it should be fall-apart

tender), and stir back into the sauce, along with most of the mint and coriander.
Serve scattered with the rest of the herbs.

Camp Oven Roast Lamb Recipe

 Prep: 15

 Cook: 2 h

 Serves: 4

 Easy


Ingredients

- A leg of lamb 4 sprigs of rosemary, chopped 2 tablespoons mixed herbs 4 cloves garlic, chopped Salt and pepper, to taste 1/2 cup brown sugar 1/2 cup oil

Instructions

- 1) Prepare the Marinade: In a bowl, combine the rosemary, mixed herbs, garlic, salt, pepper, and brown sugar. 2) Make the Paste: Gradually pour in the vegetable oil while stirring until a thick paste forms. 3) Marinate the Lamb: Rub the marinade all over the lamb leg. Wrap it in cling wrap and refrigerate for at least 1 hour (the longer, the better). 4) Cook the Lamb: Place the lamb in your camp oven using your preferred heat method and cook for approximately 1 hour per kilogram, or until tender. Note: How do you cook a roast in a camp oven? Cooking a roast in a camp oven requires top and bottom heat, use less heat under the oven and more heat on the top of the oven. How long does it take to cook in a camp oven? Cooking times in a camp oven is very similar to cooking at home, as long as you get your heat control right, it will take longer the less heat you add to the oven. What temperature do you cook a lamb roast at? In a home oven, you would cook it at 180 degrees, however, when using a camp oven you are in control of the heat manually without the aid of a control knob, you would use your senses to manage the heat. How long do you cook 1kg of lamb? Cooking time is similar to cooking it at home in the oven, about 1 hour per kilogram of meat give or take depending on your heat control.

Camp oven lamb roast with vegetables

 Cook: 3h 30min

 Serves: 6

 Easy

Ingredients

- 2 kilogram lamb leg 4 sprigs rosemary 1/3 cup (80ml) olive oil 1 litre (4 cups) chicken stock 500 gram pumpkin, unpeeled, cut into 5cm (2-inch) pieces 8 medium_piece (1.6kg) potatoes, halved 8 clove garlic, unpeeled 2 cup (500ml) water

Instructions

1. Preheat large camp oven. 2. Place lamb and rosemary in camp oven, pour oil and stock over lamb, season. Cook, covered, 1½ hours. 3. Add pumpkin, potatoes, garlic and the water to camp oven, cook, covered, a further 1½ hours or until lamb is cooked through.

Camp Oven Lamb Shanks

★ Easy

Ingredients

- Salt and freshly ground black pepper 5 lamb shanks 3 tablespoons olive oil 2 cups beef stock 4 cloves of garlic, Diced 2 Tablespoons of tomato paste 2 & 1/2 cups of red wine 3 carrots, diced 2 onions, diced

Instructions

- 1) Preheat your 9 Quart camp oven or south African Potjiepot over some coals away from the primary fire. 2) In a bowl mix the flour, salt and pepper together. Now Coat the lamb shanks in the flour. 3) Heat the oil in your Potjie and brown the shanks in batches. 4) Once you have browned the lamb shanks, Add the remaining ingredients and bring to a fast simmer. 5) Stir well regularly, and simmer for a minimum of 2 and a half hours.

Lamb Stew in a Camp Oven

 Prep: 10

 Cook: 45

 Serves: 2-4

 Easy

Ingredients

- A splash of vegetable oil 1 red thinly sliced red onion 1 kg of lamb shoulder. (The shoulder is the sweet part of the meat) 8 cloves garlic, peeled and slightly crushed 1 teaspoon turmeric 2-3 teaspoons Moroccan seasoning (purchase from Coles/Woolworths) 1 teaspoon chilli flakes – if you like it hot 2 sprigs rosemary if fresh, or dry use a good pinch 1/3 cup thyme (fresh) or dried. If using dry herbs then use a good pinch 1 cup fresh parsley or a good pinch of parsley if using dried herbs 2 large tomatoes, roughly chopped or a can of tomatoes 2 large potatoes cut into wedges 2 large green or red capsicums , roughly cut 2 cups vegetable or lamb stock, ensure you use a good commercial sto

Instructions

1. •Heat your camp oven or pot over the fire or heat source •Add the oil •Add the onions and garlic and fry off. Remove from the camp oven. •Fry the meat off in small batches. The flavour of the onions and garlic will infuse into the meat. •Return the meat and the garlic and onions to the same pot and •Add all the other dry ingredients, stir everything through for a couple of minutes and then •Add the stock. •Allow the lamb stew to simmer away over the heat source for 45 minutes and then serve with couscous/rice bread or a side dish. •Keep an eye on the stew, to ensure it has enough liquid during the cooking process and add more stock if required.

Camp Oven Casserole Secret Recipe!

 **Prep: 10**

 **Cook: 20-30**

 **Easy**

Ingredients

- 500 grams diced Beef or Lamb (can buy pre diced stuff or dice your own beef or lamb steaks) 4-6 Rashers of Bacon (and look 4 is probably our minimum, can never have too much bacon) 4 Cloves of Garlic or a good spoonful of crushed garlic 1 Onion diced Rosemary Thyme Salt and Pepper 1 Can Crushed or Diced Tomatoes 2 Tablespoons Tomato Paste 2 Tablespoons Worcestershire sauce 1 Stubby of Stout (½ bottle of Red Wine works too, or could substitute for a stubby of your average beer) 2 Diced Potatoes 4 Sliced Carrots 2 Teaspoons Beef Stock 2 Teaspoons Gravy Powder 2 Teaspoons Plain Flour 500mls Water 1 Medium Broccoli cut into small bits Oil for Cooking

Instructions

- 1) On a fairly high heat of coals add your onions and bacon and a good dash of any cooking oil to the camp oven. 2) Then add your garlic. 3) When the onions have soften and the camp oven is at hot enough, add your diced meat and brown lightly. 4) Add herbs, salt and pepper (give it a good seasoning!) 5) Add tomato paste, crushed tomatoes, stout (or red wine), potatoes and carrots. Give it a good stir. 6) Turn the heat down by moving your camp oven or reducing the number of coals under it. Chuck the lid on a leave for 30 minutes. 7) Check back every 30 minutes or so, making sure the casserole is simmering and NOT boiling. 8) After about 45 minutes of simmering add broccoli and give a good stir. 9) In the can from the tomatoes mix, stock powder and gravy powder into a paste with a little bit of water. Fill the can with water and stir until dissolved. 10) After a couple of hours remove the lid for the last 20 - 30 minutes to let the casserole reduce and thicken. If you're going down the damper dumplings road, skip this step, add the damper dumplings to the top of the casserole and replace the lid. Add a

shovelful of coals to the lid of your camp oven and cook for 20 - 30 minutes or until the damper is no longer doughy. 11) Serve when thick and gravy-like.

Damper Dumplings Recipe

 Prep: 5

 Cook: 15-20

 Serves: 2-4

 Easy

Ingredients

- 2 cups SR Flour 40 g Cold Butter, chopped 1 teaspoon Baking Powder Pinch Salt
1 Cup Milk 1 Tablespoon Oil Salt and Pepper Rosemary Thyme

Instructions

- 1) In a medium bowl add flour, baking powder, salt, pepper, herbs and chopped butter and rub together. 2) Add milk and oil and mix together in a dough. 3) Pull apart and knead into small balls and place on a plate or directly on top of your casserole.

Quick Lamb Ragu

 Prep: 5

 Cook: 25

 Serves: 4

 Easy

Ingredients

- 1 pound lamb shoulder □ 1/2 teaspoon salt □ 1/4 teaspoon pepper □ 2 tablespoons olive oil □ 1 clove garlic minced □ 1/2 small onion sliced □ 1 small carrot diced □ 2 stalks celery diced □ 1/2 cup beef broth □ 14 ounces canned tomatoes □ 1 1/2 tablespoons tomato paste □ 1 tablespoon Italian seasoning □ 1/2 teaspoon sugar □ 2 bay leaves □ 1 beef bouillon cube or chicken or vegetable □ 12 ounces pappardelle or pasta of choice

Instructions

- 1) Pat dry the lamb and chop into large chunks. Season with salt and pepper. 2) Using the sauté function, heat the olive oil in the Instant Pot. Add the garlic, onion, carrot, and celery, and cook until the vegetables are tender. Add the lamb and sear on all sides. 3) Add the beef broth, diced tomatoes, tomato paste, Italian seasoning, sugar, bay leaves, and beef bouillon cube and stir until combined. 4) Lock the lid and close the vent valve. Cook everything on high pressure for 25 minutes. Allow the pressure to naturally release for 10 minutes, then do a quick release. 5) Using two forks, shred the lamb and discard any sinew or pieces of fat. Let the mixture sit as you prepare the pasta. 6) Cook the pappardelle as per its package instructions. 7) Transfer the lamb sauce to a large pot or dutch oven. Add the cooked pappardelle, along with 1/4-1/2 cup of pasta water. Mix everything together and serve.

Lamb Stew in the Crock Pot or Pressure Cooker

 Prep: 15

 Cook: 6

 Easy

Ingredients

- Private Reserve Greek Extra Virgin Olive Oil 1 large yellow onion, chopped 3 carrots, cubed 6 Yukon gold potatoes (or any small potatoes), peeled, cubed Kosher salt and pepper 2.5 lb boneless leg of American lamb, fat trimmed, cut into cubes (Or American lamb shoulder, bones removed, fat-trimmed) 3 large garlic cloves, roughly chopped 1/2 cup dried apricots 1 cinnamon stick 1 bay leaf 1 1/2 tsp ground allspice 1 1/2 tsp ras el hanout Moroccan spice blend (find it here) 1/2 tsp ground ginger 6 plum tomatoes from a can, cut in halves 2 1/2 cups low-sodium beef broth 1 15-oz can chickpeas Cook Mode Prevent your screen from going dark

Instructions

- 1) In a large Dutch oven (affiliate) or heavy oven-safe pot, heat 2 tbsp olive oil over medium heat until shimmering but not smoking. 2) In the heated oil, saute the onions, carrots, and potatoes for 4 minutes or so. Add the garlic and season with salt and pepper. Remove from the pot and set aside briefly. 3) In the same pot, add more oil if needed, and deeply brown the lamb on all sides. Season with salt and pepper. 4) Turn heat to medium-high and return the sauteed vegetables to the pot. Add the dried apricots, cinnamon stick, bay leaf and spices and stir to coat. 5) Add the plum tomatoes and broth and bring everything to a boil for 5 minutes or so. 6) Cover the pot and place in the 350 degrees F heated-oven for 1 1/2 hours (check partway through to add water or broth if needed). Now stir in the chickpeas, cover and return to the oven for another 30 minutes. 7) Remove from the oven and serve hot with your choice of Lebanese rice, couscous, pita

bread or your favorite rustic bread. 8) A simple Mediterranean salad like Fattoush makes a great starter for this hearty meal. Enjoy!

Braised Lamb Chops in the Camp Oven

 Prep: 10

 Cook: 1.30h

 Serves: 4

 Easy

Ingredients

- 4 lamb neck chops
- 1 onion (roughly chopped)
- 1 carrot (sliced)
- 1 potato (cubed)
- 1 can tomatoes
- 250 ml chicken or vegetable stock (or use stock cubes)
- 1 clove garlic (finely chopped)
- Parsley or any herbs you like to use
- Salt and pepper to taste
- 250g dried noodles (I use small spiral noodles)


Instructions

- 1) Heat up camp oven on a bed of coals.
- 2) Brown chops, onions and garlic.
- 3) Add carrots and potato.
- 4) Add tomatoes, stock, parsley, salt and pepper.
- 5) Place lid on camp oven and top with hot coals.
- 6) Check after 1/2 hour and add more liquid if required.
- 7) When close to cooked, add noodles and replace the lid and top with hot coals.
- 8) Serve with a freshly baked damper.

Breakfast

Lamb, apricot & chickpea tagine

 Prep: 35

 Cook: 2h 50min

 Serves: 6

 Medium

Ingredients

- 1kg diced lamb, or from a boneless lamb leg joint, excess fat trimmed and cut into 3cm cubes
1 tsp smoked paprika (or see tip in last step)
3 tsp ground coriander
3 tsp ground cumin
1/2 tsp ground turmeric
1/2 tsp cayenne pepper
1 tsp ground ginger
juice of 1 orange, plus zest to garnish
3 tbsp olive oil
2 red onions, sliced
2 tbsp plain flour
4 garlic cloves, crushed
1 tbsp tomato purée
2 x 400g tins chopped tomatoes
500ml lamb or chicken stock
2 cinnamon sticks
150g soft dried apricots, roughly chopped
100g pitted dates, quartered
1 x 400g tin chickpeas, rinsed and drained

Instructions

- 1) Place the diced lamb in a bowl with the spices and orange juice. Season well, then toss to coat. Cover and leave to marinate for at least 30 minutes, or up to 24 hours in the fridge.
- 2) Preheat the oven to 170°C, fan 150°C, gas 3.
- 3) Heat 1 tablespoon of olive oil in a large flameproof casserole, add half the lamb and its marinade and brown over a high heat. Remove to a bowl and repeat with another tablespoon of oil and the rest of the lamb.
- 3) Reduce the heat to low, deglaze the pan with a generous splash of water. Once the water has almost evaporated, heat the remaining tablespoon of oil and cook the onions for 5 minutes. Add the flour, garlic and tomato purée, then cook for another 1-2 minutes, stirring.
- 4) Tip in the lamb and any juices along with the chopped tomatoes, stock and cinnamon sticks. Bring to a simmer, cover and cook in the oven for 1 hour, 30 minutes.
- 5) Stir in the apricots, dates and chickpeas. If the sauce is looking too thick, you can add some more stock or water. Cook for a further 30 minutes or until the lamb is very tender and the sauce has thickened. Check the seasoning.
- 6) If you're not eating straight away, let it cool, then chill

or freeze in an airtight container (see Get ahead). Serve topped with the chopped almonds, herbs and reserved orange zest, and couscous or flatbreads.