



‘Tender... beautiful crust... salty punch.’

We all know a ‘lamb’.

Meek, mild, and unassuming.Laughs at all your jokes, even the ones that weren’t supposed to be funny. Would side with you in an argument to keep the peace, even if you’re just hands-down *wrong*. Would grab you a beer from the icebox, even if it meant leaving the comfort of their camp chair. Even if they’d already offered to get you one 30 seconds ago. Even if the icebox was located in another country.

It’s about time we encouraged lambs to feel comfortable in their own skin- er, we mean *crust*.

In this episode, Cam gives a Greek-roused dish his own outback twist and roundhouse, Camo-rubbed hit. Catch the legendary Cam and his legs of lamb here – plus more on our [YouTube channel](#), every Sunday from 6pm.



Cam gives a Greek-roused dish his own outback twist and roundhouse, Camo-rubbed hit!

Ingredients:

Lamb

Hardcore Carnivore Camo Seasoning for Game & Lamb

Lamb leg steaks

1tbs of canola oil (for cooking)

Salad

1 x iceberg lettuce

6 x cherry tomatoes

¼ a continental Cucumber

50g of fetta

50g of pitted Kalamata olives

Dressing

1tbs of olive oil

1tsp of mustard

Lemon juice (to taste)

Salt and pepper

Cam’s Kit:

Companion Double Burner Wok Cooker

Campfire Nonstick Pans

Popup Colander and 2-Bowl Set



Cam’s ingredients



Method:

1. Dry Rub the Lamb (00:30)

For this cook, Cam chooses lamb steaks – although the Hardcore Carnivore rub he uses can be applied to game, pork, and venison too.

Place the lamb steaks on a plate and season both sides liberally, patting firmly.

Put the lamb aside.



As well as lamb, the Hardcore Carnivore Camo dry rub seasoning can be applied to game, pork, and venison.



Be liberal!



Place the lamb steaks on a plate and season both sides.



Pat the seasoning firmly into both sides of the steaks.

2. Heat the Pan (02:02)

Add a splash of oil to a pan, and allow to reach a high heat – this will help to seal the steaks and achieve the ideal crust.

Persevere, regardless of the conditions you may be cooking in. It will be worth it. There's nothing worse than 'stewing' a steak in a pan – it becomes tough and unpleasant (pretty unusual for a lamb, if you ask us. They're usually sweet, innocent beings).



Add a splash of oil to a pan.

3. Sear the Steaks (02:58)

Add your marinated lamb steaks to the pan, which by now should be smoking hot.

Turn the steaks as often as you desire. It's not necessarily crucial to flip a steak only once, despite what many say – the aim is to create a crispy, crusty exterior.

If wind isn't an issue, your steaks should realistically take 5-8 minutes to cook – otherwise, allow 10. At the end of the day, it depends on how you prefer your red meat. For instance, a 'well done' steak would likely need 15 minutes.

Turn off the heat, and allow the steaks to rest in the pan.



Add your marinated lamb steaks to the smoking hot pan.



Turn the steaks as often as you desire.



Turn off the heat, and allow the steaks to rest in the pan.

4. Prepare the Salad (04:43)

Dice the cucumber, fresh tomatoes, and feta. Sundried tomatoes also work, and Cam uses Bulgarian feta due to its creamy texture and bite.

Remove the outer leaf of the iceberg lettuce, and slice the rest. Spinach or mixed leaves also work.

Toss the cucumber, tomato, and feta, and pile into the leaf cup with the chopped lettuce. Top with Kalamata olives.

Prepare the dressing by combining the olive oil, lemon juice, oregano, and mustard. Attempt to rid the lemon of as many seeds as possible, and season with salt and pepper. For a tangier

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dressing, simply add more lemon juice.

Swish the dressing about in the bowl until it begins to emulsify. This is a result of the oil, lemon juice, and mustard coming together, forming almost a mayonnaise-like consistency.

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Chop the cucumber.

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Chop the cherry tomatoes (sundried tomatoes also work well).

✖
Chop the feta. Cam uses Bulgarian, but any sort works.

✖
Slice the iceberg lettuce.

✖
Assemble the salad in the lettuce cup.

✖
Top with Kalamata olives.

✖
Combine the olive oil, lemon juice, oregano, and mustard.

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Add the lemon, ridding it of as many seeds as possible.

5. Serve Up (07:36)

Dress the salad, and position the steaks alongside.

Slice into the steaks – Cam's are a blush pink, but the colour will vary depending on how long your meat felt the heat!

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Cam's steaks are a blush pink.

6. The Finished Product (08:06)

Tender, subtle on the salt, and boasting a crust of contrasting flavours from honey to black pepper – Cam's Dry Rub Lamb Leg Steaks with Greek Salad combines the robust, gamey gusto with the salty tang and spritely pang of Kalamatas, fresh tomato, and lemon.

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Cam combines the robust, gamey gusto of lamb with the salty tang and spritely pang of Kalamatas, fresh tomato, and lemon.