

Italian Style Lamb Casserole



Ingredients

- Serves 4
- Cooking time: Approximately 2 hours
- Temperature: Gas Mark 3, 170°C, 325°F
- 450g (1lb) lean British Lamb cut into 1.25cm. (½") cubes
- 2 x 15ml (2tbsp) plain flour, seasoned with salt and pepper
- 1 x 15ml sp (1tbsp) sunflower oil
- 2 red onions, cut into wedges
- 2 courgettes, cut into wedges
- 2 leeks, cut into wedges
- 397g (14oz) can chopped tomatoes
- 300ml (½ pint) stock
- 1 x 5ml sp (1tsp) dried rosemary
- 1 x 5ml sp (1tsp) sugar
- 100g (4oz) button mushrooms
- Topping: 1 herb focaccia, cut into triangles

Method

1. Coat lamb in seasoned flour.
2. Heat the oil in a casserole and brown the lamb.
3. Add the onions, courgettes, leeks, tomatoes, stock, rosemary and sugar.
4. Bring to the boil, cover and cook in a preheated oven for 1½ hours.
5. Remove lid and stir in mushrooms and top with focaccia triangles.
6. Return to the oven for a further 25-30 mins. until focaccia is brown.

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