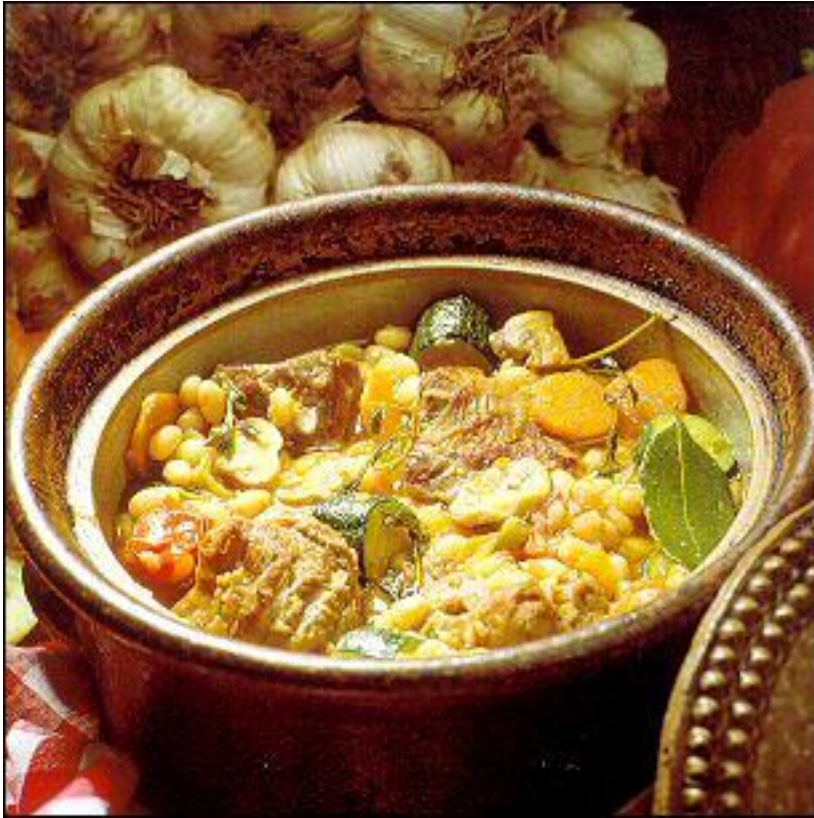


Lamb Casserole



Ingredients

- Serves 4 - 6
- Cooking time: Approximately 1 hr and 15 mins
- Temperature: Gas Mark 5/180°C
- Use trimmed neck fillets cut to 10 - 12 cm (4" - 5") lengths
- 1 lb haricot verts or flageolet, soaked overnight
- 225g (½ lb) carrots
- 225g (½ lb) mushrooms
- 2 medium onions
- A clove or two of garlic
- A few sprigs of thyme
- A bay leaf or two
- With salt and pepper to taste.

Method

The secret of a good casserole is the quality of the ingredients. In this country we are very fortunate to produce most excellent grass-fed lamb.

1. Drain the soaked beans and oil in fresh water for 20 minutes.
2. Finely slice the carrots, mushrooms, tomatoes and peeled onion.
3. Place some olive oil in a frying pan and fry the onions until they begin to colour.
4. Add the crushed garlic (and chopped chilli if desired) and sliced mushroom and stir for a few minutes.
5. Remove the pan from the heat and put the vegetables in a dish.
6. Return the pan to the heat with some more olive oil and brown the lamb.
7. Take a casserole dish with a well-fitted lid, strain the beans and put them in, together with the lamb, all the other vegetables, the herbs and the seasoning.
8. Add water or white wine, or a combination of the two, so that the ingredients are just covered and remember that the quality of the wine is reflected in the quality of the casserole.
9. If you wish to add sliced courgettes do this after **one hour**.

Cooking tips:

To ensure your lid is tight place a band of greased proof paper about 2" wide between the rim of the casserole and the lid. This will reduce the evaporation of the juices. Add another splash of wine and reheat shortly before serving.

If you like to spice it up **add a finely chopped red chilli**.

