



Although Lamb is traditional at this time of year we can't realistically justify spending £20+ on a leg of Larry. So we went for a neck Fillet. It was very tender and tasty after long slow cooking.

Ingredients:-

1 Lamb Neck Fillet, seasoned with Salt & Pepper
1 Onion, Sliced
1 Leek, sliced lengthways
1 Carrot, finely batoned
1 head of Garlic, halved
a few Black Peppercorns
2 Bay Leaves
1 Tsp of dried Rosemary
4ml of Stock
125Ml of White Wine
1 Tbsp of Tomato Puree
1 Tbsp of cornflour with water
Oil to fry

Method:-

- (1) Sear the seasoned Lamb on all sides in a little Oil and place in a casserole dish.
- (2) In the same pan fry the Onion, Leek, Carrot and Garlic, until they have softened.
- (3) Stir in the Tomato Puree then add the Wine and Stock.
- (4) Add the Peppercorns, Rosemary and Bay Leaves.

- (5) Stir in the Cornflour mix and allow to simmer for a few minutes.
- (6) Pour the sauce over the Lamb and place in the oven covered.
- (7) Cook for 3 hours at 160c.

We served ours with Leeks, Carrots, Peas and roast Potatoes.