



We thought we needed a new theme. Icelandic recipes here we go. Lamb is generally out of budget for us. But Lamb Shanks give a good deal of meat for not a vast amount of money. The recipe said any Lamb cut with bone in, including the head! We might pass on the Head gig?..

Ingredients:-

800g of Lamb Shanks
1L of Beef Stock
1 Large Onion, Diced
2 Carrots, battoned
½ a Swede, diced
4 Parsnips, diced
¼ of a White Cabbage, shredded
50g of Brown Rice
400g of Red Potatoes, quarter
2 Cloves of Garlic, minced
Dried Oregano, Thyme & 2 Bay Leaves
Oil to fry
Salt & Pepper to season

Method:-

- (1) In a large pan add a little Oil on a high heat and sear the meat on all sides.
- (2) Season with Salt & Pepper.
- (3) Remove and set aside.
- (4) Add the Onions and reduce the heat, frying until softened.
- (5) Add the Garlic and fry gently for a further 2 minutes.
- (6) Add all the Vegetables excluding the Cabbage, season again.
- (7) Add the Dried Oregano, Thyme & Bay Leaves.
- (8) Add the Stock, Rice and Lamb, making sure the Lamb is submerged.
- (9) Cover and simmer for an hour or so, stirring occasionally.
- (10) Add the Cabbage and simmer for a further 30 minutes.
- (11) Find and remove the Bay Leaves before serving.

For a dish with limited ingredients we really enjoyed this. The remaining casserole has been ?wuzzed? up into a Soup and frozen.