



This recipe will feed 4 easily, we've frozen several portions.

For the Stock:-

Ingredients:-

Lamb Bones

1 Onion, roughly chopped

1 Carrot, roughly chopped

1 Stick of Celery, roughly chopped

2 Bay Leaves

A handful of Parsley and stalks, chopped

2 Springs of Rosemary

2 Springs of Thyme

1 Tsp of Salt

1 Handful of fresh Sage

1 Tsp of Peppercorns

1 Handful of Mint, chopped

Oil to roast

Method:-

(1) Roast the Vegetables and Bones for 30 minutes. With a little bit of Oil.

(2) Transfer to a large pan and cover with water.

(3) Add the Herbs and season.

- (4) Bring to the boil then reduce the heat to simmer for 4 hours.
- (5) Leave to cool, strain and place in the fridge overnight.
- (6) Before starting the Cawl, remove from the fridge and skim the fat from the top.

For the Cawl:-

For the Cowl Ingredients:-

500g of Diced Shoulder of Lamb

1 Large Onion, diced

1 Small Swede, diced

2 Large Carrots, diced

3 Potatoes, Peeled and cubed

2 Leeks, thickly sliced

2 Tsp of Mint Sauce

1 Handful of fresh Parsley, chopped

Salt & Pepper to season

Oil to fry

Lamb Stock (Above) to cover

Method:-

- (1) Fry the Onions in a little Oil until softened.
- (2) Add the Stock and bring to the boil.
- (3) In a separate pan brown the Lamb on all sides in a little Oil.
- (4) Transfer the Lamb to the pan with the Stock.
- (5) Simmer for 30 minutes.
- (6) Add the Swede then after 10 minutes add the Carrots.
- (7) After a further 5 minutes add the Potatoes.
- (8) Continue to cook over a low heat.
- (9) When everything is almost cooked add the Leek, Mint Sauce, Parsley and season with Salt & Pepper.
- (10) Continue to simmer until the Leeks are softened.

(11) Serve in a big bowl with a chunk of Bread with Cheese melted over it.

The hint of Mint with the Lamb really worked. We're having a bit of a break from Leeks for a day or so however. Windy City here!