

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.