

Food4Macc Direct

Tasty Lamb Casserole

Ingredients:

2lb Diced shoulder of lamb

1lb chopped carrots

2 large chopped onions or leeks whatever is plentiful

1 chopped turnip or some swede

1 clove of garlic

½ lb dried apricot (no need to pre soak)

1 tsp each of paprika, cumin, cinnamon, thyme

Salt and pepper

2 tbsp plain flour

1 pint of lamb stock

1x 140gm tin of tomato puree, I've also used skinned tomatoes instead.

Olive Oil

Method:

Mix spices and flour

Heat oil and seal lamb, add vegetables

Blend in the flour and spices

Pour in the lamb stock and bring up to cooking temp

Cook in a moderate oven for about an hour

Add apricots and cook for a further ¾-1 hour until cooked