

Navarin of Lamb

Serves 6

Ingredients

1 tablespoon oil
30g butter
6 lamb neck rosettes
1 medium onion, chopped
2 cloves garlic, crushed
1 1/3 cup plain flour
1 litre (4 cups) water
2 chicken stock cubes, crumbled
1 1/3 cup dry red wine
2 tablespoons tomato paste
1 large sprig fresh rosemary
2 teaspoons fresh thyme leaves
250g green beans
2 sticks celery
250g baby carrots

Method

Heat oil and butter in large frying pan, add lamb rosettes in single layer, and cook on both sides until browned, remove from pan. Drain all but 2 tablespoons of fat from pan. Add onion and garlic to pan, stir over medium heat until onion is lightly browned. Add flour, stir over medium heat until browned. Stir in water, stock cubes, wine and tomato paste, stir over high heat until mixture boils and thickens. Add rosemary and thyme reduce heat, simmer 3 minutes. Top and tail beans, and cut beans into 5cm lengths. Cut celery into 5cm lengths, combine with carrots and lamb rosettes in large oven proof dish, top with sauce, cover, bake in moderate oven for about 1 1/2 hours or until lamb is tender.

