

Navarin of Lamb with Chantenay Carrots & Spring Vegetables

Serves 4-6

Ingredients:

- 1 kg diced leg or shoulder of lamb
- 450g Chantenay carrots
- 250g potatoes peeled and cut into chunks
- 60g frozen peas
- 1 courgette cut into chunks
- 1 leek, washed and cut into rounds
- 8 shallots, peeled
- 1 sprig of thyme
- 1 bay leaf
- 1 small sprig rosemary
- 500 ml lamb or chicken stock
- 250 ml white wine
- 2 tbsp vegetable or olive oil
- 1 tbsp redcurrant jelly
- 1 tbsp tomato puree
- Sea salt and black pepper
- Knob of butter
- 2 tsp of cornflour to thicken in 80 ml water

Method:

Preheat the oven to 160°C/300°F/Gas Mark 3-4.

Heat the vegetable oil in an oven-proof dish or casserole suitable to fry the lamb in. Season the diced lamb with salt and pepper and seal the meat in batches, then keep warm.

Drain the oil, and add the butter. Then add the shallots, potatoes and carrots, and fry gently for 2-3 minutes, making sure the butter does not burn and the vegetables just start to colour. Add the tomato puree and garlic and fry with the vegetables for a further minute, then add the lamb, white wine and herbs, reduce for 3 minutes. Add the stock and redcurrant jelly, bring to the boil and then cover and place in the oven for 1 ¾ hours, stirring occasionally.

Meanwhile blanch the remaining vegetables. Take the lamb out of the oven and skim the surface of any excess fat. Thicken with the cornflour. Add a little at a time to achieve desired consistency. Add the remaining blanched vegetables and cover again and place in the oven for the remaining 10-15 minutes, serve with mashed potatoes and stir-fried cabbage.