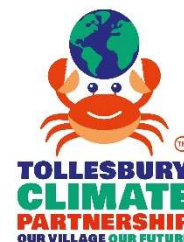


SLOW-COOKED LAMB STEW WITH APPLE



The ingredients for this recipe are available at Leavett's Butchers, Fred's Stores, or Morrisons.

Serves 2

Ingredients:

2 slices from a leg of lamb, deboned and cut into chunks
1 tbsp plain flour
1 tbsp oil
1 garlic clove, chopped
1 carrot, sliced
1 stalk of celery, finely chopped
1 medium onion, chopped
1 small apple, cored and chopped into small chunks – no need to peel
1 tbsp tomato paste
1 tbsp each of rosemary and mint
1 tbsp balsamic vinegar
1 tsp paprika
200 ml hot stock, or a stock cube and 200 ml hot water
salt and pepper to taste



Method:

Dust the lamb with the flour, heat the oil in a frying pan and brown the meat all over. Put into a slow cooker pot. Lightly brown the onions, garlic, carrot, apple and celery in the frying pan, then add to the pot with the tomato paste, herbs, vinegar and paprika and an extra teaspoon of flour. Pour the stock over the meat mixture and give it a good stir. Cook on low for around 8 hours, or on high for 4-5 hours, checking that the meat and vegetables are tender and the gravy is thick and tasty. Adjust the seasoning if necessary.

Serve with mashed potatoes, or mashed root vegetables and a sprinkle of parsley.