

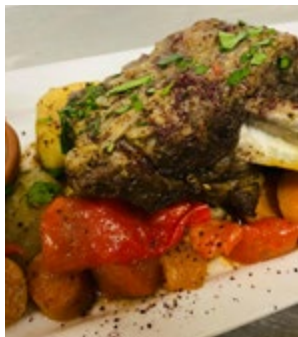
COUNTDOWN TO CHRISTMAS

Lamb Kleftiko



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Lamb Kleftiko

Serves 4

INGREDIENTS

4 Lamb Flank (bone in, 400g portions)

2kg of Rooster Potatoes

4 White Onions

2 Large Carrots

6 Tomatoes (ideally vine)

2 Lemons

2 Sweet Peppers

1 Whole Garlic

1 Cinnamon Stick

4 Bay Leaves

2 tbsps Oregano

1 tbsp Coriander Seeds

Maldon Salt

Ground Black Pepper

Fresh Rosemary

Olive Oil

Marinate the meat - in a bowl, marinate the lamb shanks in ½ of the whole garlic crushed, 1tbsp of coriander seeds, 1tbsp of oregano, 50ml of olive oil, salt and black pepper. Ideally leave to marinate in a fridge overnight or for at least 2 hours.

1. Get a large oven dish, and preheat the oven to a medium heat.
2. Peel all the potatoes and half them, place in oven dish.
3. Peel and quarter the onions, roughly chop the peppers and carrots so that they are chunky, crush the remaining garlic and add all to the oven dish.
4. Quarter the tomatoes and add to dish.
5. Now add 2 tbsp oregano, 400ml water, 50ml olive oil, 2 tbsp salt and 1 tbsp black pepper, and mix the ingredients in the tray to make sure evenly distributed.
6. Add the lamb pieces on top of the vegetable mix. Quarter the lemons and place around the dish with some sprigs of rosemary, bay leaves and the cinnamon stick.
7. Cover the oven tray tightly with foil.
8. Let cook in the oven for 4 hours until the meat and potatoes are soft.

To serve, divide the dish equally between 4 people. Reserve the stock from the oven tray, strain and spoon an amount of your taste on top of the lamb to keep moist. Serve with a wedge of lemon and toasted pitta.