



Braised Lamb Necks

Ingredients

2 Bulbs of garlic (cut in 1/2 across the middle)
3 Onions (mirepoix)
6 Carrots (peel and slice thickly on an angle)
10 shallots (cut into 1/4's)
Thyme
Parsley stalks
4 Tomatoes
1 L Red wine
Braising stock from previous use
4 Oranges (Zest and juice – for the trotter only)
450g Butter
4 Lamb necks (scrag & middle) on the bone

Method

1. Caramelize the carrots and the garlic in a thick-bottomed pan.
2. Add the onion - brown
3. Add the shallots and the herbs
4. Add the tomatoes – colour
5. Add the wine and reduce
6. Add the oranges
7. Add the lamb (after sealing) then add the previous braising liquor
8. Bring to the boil
9. Put a lid on the pan & place in an oven @ gas4 / 180c / 350f for 2 hours