

Moroccan Lamb

INGREDIENTS

A large half shoulder of free range, organic, salt marsh lamb (for that special flavour and tenderness) cut into 4, trimmed of fat and left on the bone.

2 large onions

3 cloves of garlic

1/4 cup of olive oil

6 large tomatoes

(chopped into six)

1lb of new potatoes
(sliced into half)

2 medium courgettes
(sliced and chopped)

2 carrots (sliced and chopped)

1 medium green pepper
(sliced and chopped)

1 medium red pepper
(sliced and chopped)

Chopped apricots (optional)

Water

Salt and pepper



COOKING METHOD

1. Place 1/4 cup of olive oil in a deep casserole dish. Coarsely chop the onions and garlic and sweat down until soft in the dish over a medium heat. Add two large pinches of pepper and one of salt.
2. Place the chunks of lamb into the dish, cover and allow to sweat for 10 to 25 minutes in the oil and juices of the onions on a low to medium heat.
3. Begin to add the tomatoes, potatoes, courgettes and carrots and allow them to sweat down for another 10-15 minutes. At this point you can add the apricots too, if desired. It's best to use a cast iron dish to give a nice overall heat and you can add almost any type of vegetable you like which is suitable.
4. The juices from all of the ingredients will blend together, so simply add water to sufficient to cover to the top of the lamb.
5. Cover the dish and place in the oven on a medium heat for at least 90 minutes. Remove from the oven and place the diced peppers over the top. Place back in the oven uncovered for a further 15 minutes and serve.