

French Lamb Casserole



Serves 4

Ingredients:

50g/2oz butter or margarine
2 quartered onions
675g/1.5lb lean stewing lamb cut into serving sized pieces
40g/1.5oz seasoned flour
600ml/1 pint stock
Salt & freshly ground black pepper
3 tablespoons tomato puree
1 clove garlic, crushed
1 bouquet garni
8 small button onions
100g/4oz shelled peas

Method:

Melt half the butter or margarine in a flameproof casserole and add the onion quarters. Fry gently until golden, about 8 minutes. Add the meat and fry gently until brown on all sides, about 10 minutes. Shower in the flour and cook for 1 minute. Gradually blend in the stock and season to taste. Add the tomato puree, garlic and bouquet garni. Cover and cook in a moderate oven (180 c, 350 F, Gas Mark 4) for 1.25 hours, or until the meat is tender. Meanwhile, cook the button onions in the remaining butter or margarine until golden, about 8 minutes. Add to the casserole with the peas and cook for a further 20 minutes.

Your Notes



You've got **GREAT** taste!

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