

TIME: 3 hrs**SERVING:** 4 people**INGREDIENTS:**

About a kilo and a half of
neck of lamb cut into rounds

1 medium onion and two
large leeks, finely-sliced

3 medium carrots, cut into
rounds

2 medium parsnips, cut into
small chunks

A six-inch sprig of rosemary

Sea salt

White pepper

Water



Combine all ingredients in a large bowl and mix well with your hands. Using wet hands divide into eight or ten pieces and roll out to form kebabs. Place on baking parchment and refrigerate for at least two hours and preferably overnight. Pre-soak wooden kebab skewers. Thread the meat onto the skewers and either barbecue or cook under a moderate grill, turning frequently. Squeeze lemon juice over just before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: