

INGREDIENTS:

700g deboned lamb shoulder
700g carrots
1 tablespoon each fresh
chopped parsley, teaspoon
fresh chopped sage
2 onions
250ml red wine
1 garlic bulb
1 beef stock capsule
Sea salt
Freshly-ground black pepper
2 tablespoons olive oil

TIME: 1 hours**SERVING:** 4 people

Cube the meat, peel and chop the carrots, onions and garlic. Heat the oil in a casserole and brown the lamb cubes for five minutes. Add the onions, garlic and sage, mix well and cook on for two minutes. Add the wine and stock capsule and mix again, add the carrots and season well then reduce the heat and simmer for 30 minutes. Sprinkle with parsley just before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: