



Recipes for Kat and Friends BBC Radio Oxford - February 2015

Basque Mutton Stew

Ingredients

1Kg shoulder of mutton or lamb, cut into 2 inch pieces

Marinade.

3 cloves garlic, crushed and peeled

1 sprig fresh rosemary, about 1 tablespoon chopped

75ml dry white wine

2 Tbsp extra-virgin olive oil

1 large onion, peeled and chopped

Dish

2 teaspoons sweet paprika

1 tablespoon tomato puree

2 Red Onions medium diced

2 sweet Romano peppers, cut into 1/2 inch strips

3 large ripe tomatoes, peeled, seeded, and chopped

2 tablespoons chopped fresh parsley

2 bay leaf

150ml dry, full-bodied red wine

150ml lamb stock*

Freshly ground black pepper and salt

*Roast the lamb bone for 30 minutes at 180C the boil in water with carrot, onion, bay leaf and rosemary

Cooking in the pan.



Method

- 1 Ask your butcher to remove the meat from the bone and use the bone for the stock. Put oven on at 160C(Fan)/180C/Gas 4. Combine the lamb, garlic cloves, rosemary, olive oil and white wine in a medium bowl. Marinate for 3 hours or overnight. Drain the meat, discard the marinade including the onions.
- 2 Heat some olive oil in a large, heavy-bottomed pan with lid, over medium-high heat. Working in batches, brown the meat on all sides, about 10 minutes per batch.
- 3 Remove the meat from the pan and add the red onions to the pan. Cook, scraping browned bits stuck to the bottom of the pot with a wooden spoon, until the onions are soft, about 5 minutes. Add the peppers and cook for a further minute.
- 4 Return the meat to the pan. Stir in paprika, roasted peppers, tomatoes, parsley, bay leaves and red wine. Bring to a boil, reduce heat to medium, and simmer uncovered for 15 minutes, allowing the liquids to reduce a bit. Then add the lamb stock, bring to a boil, reduce heat to low and simmer. Add the tomato puree stir to incorporate. Add freshly ground black pepper and more salt to taste. Put in oven for three hours. Check if it simmering gently – if it is simmering too fast turn oven down by 10 degrees.

Serve with fresh bread. Garnish with fresh mint leaves.

Other

Serves: 4

Preparation time: 20 minutes, with 3 hours or overnight for marinade

Cooking time: 3-4 hours