

Friday Lunch - Lamb & Root Vegetable Stew (serves 4) - 3 hrs prep. Virtually fat free.



1. Rinse the pearl barley under cold running water. Place in a pan of water & boil for 30 minutes. Drain & set aside.

2. Meanwhile put the lamb, shallots, garlic, potatoes, carrots & swede in a flame proof casserole dish. Place on hob, pour over the stock & bring to the boil. Reduce the heat & simmer. Stir in pearl barley, season well and cover. Cook gently for 2 & ½ hours until lamb is tender.

3. Ladle the stew into 4 bowls, sprinkle with chopped parsley & mint & squeeze a little lemon juice over.

Can be prepared in advance ready to cook on hob & in the oven.

Ingredients:

3oz pearl barley

1lb 12oz lamb leg steak, all visible fat removed. Cut into chunks for stewing

(all cuts rustic & chunky)

12 shallots peeled & halved

2 garlic cloves peeled & crushed

1lb of baby new potatoes peeled

4 carrots peeled & roughly chopped

4 sticks of celery washed & roughly chopped

7oz Swede peeled & cubed

1 litre of lamb or chicken stock.

Salt & fresh ground black pepper

Handful of fresh chopped parsley & mint

Lemon wedges to squeeze over