

LAMB NECK RAGU

PREP TIME 20 MIN | COOK TIME 5 HOURS | SERVES 10

Method

1. For Lamb: Rub 30ml of oil into the lamb neck, season with salt and pepper. Lightly dust with flour. Heat 30 ml of oil in a large frying pan over high heat. Cook lamb necks, turning occasionally, for 5-7 minutes or until browned and golden all over. Place in to a gastronomie.
2. Return frying pan to a medium-high heat, add remaining oil followed by garlic and onions, cook for 3-5 minutes or until soft and golden. Add celery, carrots, oregano and basil. Cook for a further 5 minutes or until vegetables are soft and light golden.
3. Add stock to deglaze pan. Add crushed tomatoes and tomato paste, red wine and season with salt and pepper. Bring to the boil, cook for 5 minutes or until slightly thickened. Pour sauce over lamb necks. Cover with baking paper and foil. Place in oven, set at 160 ° C, full dry heat for 3 hours.
4. Remove baking paper and foil. Remove lamb necks from gastronomie. Pull meat from bones. Return lamb meat to sauce with parsley, stir to combine.
5. Finish with extra parsley and parmesan cheese. Serve with gnocchi, green salad and garlic bread.

Ingredient List

Lamb

- 2kgs Lamb neck, cut into thick chops
- plain flour for dusting

Other Ingredients

- 90mls olive oil
- Salt and pepper to season
- 80g plain flour
- 25g garlic, chopped
- 120g brown onion, diced
- 200g celery, diced
- 140g carrots, peeled, diced
- 15g dried Oregano
- 40g fresh basil leaves, chopped
- 1 litre stock
- 1 x 800g can crushed tomatoes
- 40g tomato paste
- 175ml red wine
- 30g chopped flat leaf parsley leaves, extra to garnish
- 50g grated parmesan

Serving Suggestions

- Gnocchi
- Green Salad
- Garlic Bread

