

Northumbrian Lamb Stew

Ingredients

2lb large diced Northumbrian lamb shoulder
2 large white onions
2 celeriac
6 carrots
12 shallots
1 leek
4 tsp heather honey
4 pints of lamb stock / reduce to 1 pint
Mint
Thyme
Rosemary
1 pint of light ale



Preparation

Dice all the vegetables into 1 inch chunks. Brown the lamb in a casserole dish. Remove from heat and add the vegetables (apart from the leek) and continue to brown. Add the lamb stock, beer, thyme and rosemary and place lid on casserole dish. Put in oven at 170° C for 2 hours. Add the leek and mint and cook for a further half hour without the lid. Serve.



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