



Adam Gray's Braised Lamb Bellies

INGREDIENTS

2 Boned, rolled and tied lamb bellies/breasts
2 Red onions – peeled and roughly cut
3 Carrots – peeled and roughly cut
4 Celery sticks– roughly cut
1 Leek – roughly cut and washed
400g Tinned chopped plum tomatoes
1 Garlic bulb – cut in half
3 Rosemary sprigs
2 Litres lamb stock – from a stock cube
½ Bottle white wine – optional
100ml British rapeseed oil

METHOD

Colour the lamb breast in a hot pan with a little rapeseed oil until golden brown all over.

Remove and allow the fat to drain

Add all the rough-cut vegetables to the pan and also colour until golden brown then add the rosemary.

Return the lamb breasts and deglaze with the white wine if using.

Place the lamb and vegetables into a deep casserole dish.

Cover the lamb breasts with the lamb stock and the tinned tomatoes.

Place the lid on the casserole dish or cover with two layers of foil.

Place the casserole dish in a pre-heated oven at 150c 4-5 hours until the lamb is tender to the touch.

Remove the lamb breasts from the casserole dish and place on a tray to cool.

When the lamb has cooled, cut and remove all the string on with scissors.

Strain the lamb cooking liquor through a fine sieve into a saucepan.

Bring the lamb cooking liquor to the boil and reduce to a consistency of a rich gravy.

Cut the lamb breasts into 3-4cm width pieces and add them back to the lamb gravy saucepan to re-heat, coating them in the hot gravy.

To Serve:

Serve the braised lamb bellies with finely shredded buttered leeks and crushed new potatoes.