

INGREDIENTS:

About a kilo and a half of neck of lamb cut into rounds

1 medium onion and two large leeks, finely-sliced

3 medium carrots, cut into rounds

2 medium parsnips, cut into small chunks

A six-inch sprig of rosemary

Sea salt

White pepper

Water

TIME: 2 hrs + overnight

SERVING: 4 people



Place all the ingredients except the salt and pepper into a large pan or casserole, add just enough water to cover, bring to a gentle boil, cover and simmer gently for an hour and three-quarters. Remove from the heat, allow to cool completely and refrigerate overnight. The next day remove all the congealed fat and the rosemary twigs and pull all the meat off the bones and discard them. Season generously (particularly with pepper), reheat and serve with steamed potatoes.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: