

FLAVOUR
OF ITALY

Ireland's food and drink bible

FOOD & WINE

SEPTEMBER 2014

MAGAZINE

Sterling £3.80 (inc. VAT) €3.80

IRELAND'S MAGAZINE OF THE YEAR

*Decadent
lamb
dishes*
for the
changing
season

*West
Cork's
foodie
delights*

Fruits of the forest
*blackberry
recipes*



Cherry ricotta
cheesecake
page 28

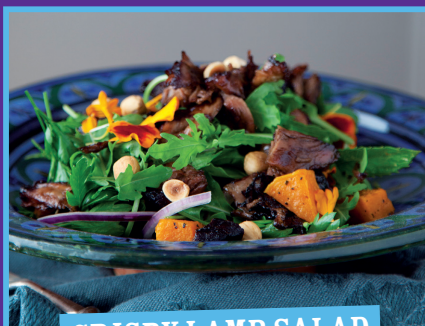
Mamma mia
Italian inspiration
from Catherine Fulvio

50+
recipes

Spanish wines revisited



BEETROOT RAVIOLI WITH PRAWNS



CRISPY LAMB SALAD



SPICED BRAISED CABBAGE & LENTILS



september 2014

33

47

55

73

Features

- 37 **Back to basics**
All you need to know about lamb
- 82 **Ruffled feathers**
GIYer Michael Kelly has to fight off a flock of birds to enjoy his homegrown tomatoes

Drinks

- 17 **Book worm**
Three literary-inspired tipples for the well-read and well-bred
- 58 **Spanish arch**
Raymond Blake marvels at how far Spanish wine has come
- 62 **On the grapevine**
Dalkey residents have much to celebrate with the new and improved Grapevine
- 74 **Guinea pig tasting**
Willing victims and wines aplenty with Aoife Carrigy
- 84 **French gems**
Raymond Blake finds some worthy Loire whites to seek out
- 87 **Food and wine matching**
Orla Murphy needn't go much further afield than classic French cuisine to accompany Loire's white wines

Out & about

- 55 **Arizona adventure**
Jillian Bolger discovers an all-American holiday packed with gourmet treats
- 77 **Western rebels**
Don't dream of heading to west Cork without reading Georgina Campbell's essential guide to this unique area
- 88 **Eating out**
Reviews of Slice, Stoneybatter; Mitchel House, Tipperary; and The Purple Onion, Roscommon
- 94 **Social diary**
A round-up of some of the parties and social events you may have missed

Afters

- 92 **Crossword**
Your chance to win with our monthly foodie crossword

Subscribe to your favourite magazine
Please see page 40 to subscribe



◀ **To use this code:**
■ Download a free QR reader onto your smart phone
■ Scan the code and be brought directly to the online subscriptions page

FOOD&WINE Magazine

EDITOR Miriam Atkins
email: matkins@harmonia.ie

DEPUTY EDITOR Orla Murphy
email: omurphy@harmonia.ie

EDITORIAL ASSISTANT Jordan Poll

WINE EDITOR Raymond Blake

CREATIVE DIRECTOR David Gibbons

GRAPHIC DESIGN Fiona Finegan

AD SALES MANAGER Jill Geoghegan
email: jgeoghegan@harmonia.ie

MARKETING MANAGER Victoria Bradshaw
email: vbradshaw@harmonia.ie

CIRCULATION MANAGER Sinéad Behan
email: sbehan@harmonia.ie

ADVERTISING PRODUCTION Kelly Smith
email: ksmith@harmonia.ie

SUBSCRIPTION EXECUTIVE Rebecca Brennan
email: subscriptions@harmonia.ie

PUBLISHER Norah Casey

CEO Ciaran Casey

COMMERCIAL DIRECTOR Rachel Supple

Harmonia

HARMONIA LTD
Rosemount House, Dundrum Road, Dublin 14
Tel: +353 (0)1 240 5300
Fax: +353 (0)1 661 9757
email: foodandwine@harmonia.ie
www.harmonia.ie
Magazines Ireland Publisher of the Year
2006, 2007, 2008 & 2011
ISSN 1393-4635
ABC January 2013 – December 2013
Average Net Circulation 7,921

SUBSCRIPTION RATES
Island of Ireland €41.80
UK €64
Rest of world €64

©2014 Harmonia Ltd. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical photocopying, recording or otherwise without prior permission of the publishers. The publisher cannot accept responsibility for errors in advertisements, articles, photographs or illustrations.

Magazines Ireland

recycle
When you have finished with this magazine please recycle it.

abc

PUBLISHED BY
HARMONIA LTD

Book Reviews



Crab cakes

From *Surf Café Living*

Crab is healthy, sustainable, tasty and eaten around the world – steamed, boiled or fried. My favourite are these coconut Thai crab cakes with sweet chilli ginger sauce. Yum

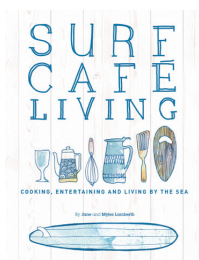
Serves 4 to 6

160g breadcrumbs, blended until fine
450g white crabmeat, drained well to squeeze out any juice
3 eggs or 2 large eggs
100g dried desiccated coconut
2 tablespoons soy sauce
2 tablespoons fish sauce
1 lime, zested and juiced
3 lime leaves, chopped, or 1 stalk of lemongrass, thinly sliced (often you'll find these frozen in Asian stores)
1 tablespoon ginger, grated
1 small red chilli
1 clove garlic
3 scallions, chopped
Coriander, chopped
Flour for coating
Oil for frying, vegetable is best

1 Halve the breadcrumbs and blend in a food processor with all the other ingredients except for flour. Blend until it forms a malleable consistency. If it's still too soft, keep adding the breadcrumbs until the consistency becomes easy to form small round cakes, about the size of a golf ball.

2 Make the cakes, place on a tray and pat them flat. Allow them to firm up in the fridge for an hour or so. When ready to cook, lightly coat in flour and shallow fry until golden.

3 Serve while warm with sweet chilli dipping sauce on the side. These also go well with Asian pickled vegetable salad and a glass of cool Chardonnay.

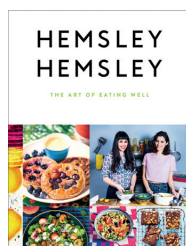


Surf Café Living Jane and Myles Lamberth

Orca Publications €19.95

From the minds of two Irish surfers comes the second cookbook of its kind, *Surf Café Living*. This book emphasises the use of fresh, organic, and seasonal produce to create stress-free, healthy and flavoursome dishes that will tantalise the taste buds of all your family and friends. From bee keeping and herb harvesting to custom pottery and art, seaside café owners Jane and Myles invite you to explore and share in their wealth of design and style knowledge as well as their tasteful recipes for impromptu entertaining and wholesome family cooking.

F&W loves: crab cakes (page 93)

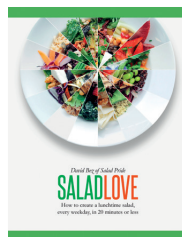


The Art of Eating Well Jasmine and Melissa Hemsley

Ebury Press €25

Hemsley + Hemsley have been supplying homemade, wholesome, and nourishing foods to celebrities and high-profile clients since 2010. However, nowadays the Hemsley sisters have branched off into yet another foodie field and have created this healthy eating bible with 150 recipes geared towards nurturing the mind and the body. The Hemsleys are bringing food back to basics with their first cookbook containing an assortment of humble and organic recipes for the not-so-rich-and-famous to lead healthier and more energised lifestyles.

F&W loves: baked broccoli fritters and spicy avocado dip (page 126)



Salad Love David Bez

Quadrille €16.99

Blogger David Bez's mission is to put an end to bland and boring salads. Instead, replace them with one of the 260 fun, healthy, and invigorating salads from his seemingly endless repertoire. David uses fresh and seasonal ingredients to craft each filling dish for vegetarians, vegans, raw, omnivore, and pescatarian dieters alike. Each dish can be adapted and take less than 20 minutes to make.

F&W loves: quinoa, smoked trout and beetroot (page 203)

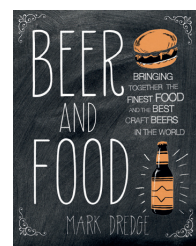


Lina's Nepalese Cookbook Lina Gautam

Montys of Kathmandu €15

Simple, nutritious, aromatic, and vibrant are all words that can be used to describe the diverse cuisine from the world of Nepal. Chef and co-owner Linda Gauntam of Montys of Kathmandu, Dublin's first Nepalese restaurant, brings us closer to the distant destination with this enlightening collection of Nepalese recipes. Each dish uses a blend of spices like cumin, coriander, Szechuan pepper, garlic and ginger to capture a range of Indian and Chinese flavours, whose fusion of influences are customary in Nepali cuisine.

F&W loves: hot and sour potato salad with cucumber (page 171)

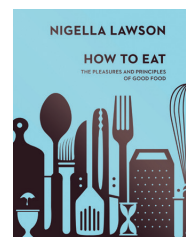


Beer and Food Mark Dredge

Ryland Peters & Small €16.99

Bestselling author and cutting-edge blogger, Mark Dredge does it again. In his second cookbook, Mark continues to mix great beer appreciation with stimulating food-pairings, with the added delight of a few specially crafted beer-infused recipes, to create this one-of-a-kind collection of beer friendly recipes. Whether you have already cooked dinner and don't know what beer will go best or you already have a beer in hand and are uncertain what food would complement it, this informative guide could be just the hero you need to save dinner.

F&W loves: Belgian beer barbeque ribs (page 181)



How to Eat Nigella Lawson

Chatto & Windus €20

The first in cooking star Nigella Lawson's nine cookbook series, *How to Eat* has gotten quite the face lift. The book's latest redesign includes a clever cover and vivid endpapers featuring Nigella working in the kitchen. It contains hundreds of appealing and accessible recipes from Nigella's personal collection that she uses to draw you into her life in the kitchen, explaining how she contemplates food, and illustrating how she cooks for her own family and friends.

F&W loves: prawn and aubergines (page 336)

Literary liqueurs

For all those well-read individuals out there looking to show off their book smarts as well as their bartending abilities, here are some fun, classic, literature-inspired cocktail recipes to reminisce and impress your friends and family

“Murder is always a mistake...One should never do anything that one cannot talk about after dinner.”

Oscar Wilde from *The Picture of Dorian Gray*

1 THE PICTURE OF DORIAN GRAY: MURDER MOST FOUL

Serves 1

50ml freshly squeezed blood orange
20ml Absolut Pepper Vodka
20ml Fireball Cinnamon Whiskey
1 splash Royale Chambord Liqueur
1 cocktail stick
1 rind of blood orange

- 1 Mix all ingredients in a shaker over ice.
- 2 Shake and strain into a chilled glass.
- 3 Use a cocktail stick to spear a wrapped rind of one of the blood oranges as a garnish to serve.

2 ULYSSES: THE DUBLINER

Serves 2

75ml Jameson Irish whiskey
40ml Sweet Vermouth
40ml Campari
30ml fresh lime juice

- 1 Pour the ingredients into a cocktail shaker filled with ice.
- 2 Shake well.
- 3 Strain into a frosted cocktail glass and serve.

3 GREAT GATSBY: NEW OLD SPORT

Serves 1

50ml Greenhook Beach Plum Gin
22ml honey syrup
15ml fresh lemon juice

- 1 Pour the ingredients into a cocktail shaker filled with ice.
- 2 Shake well.
- 3 Strain into a chilled cocktail glass and serve.

Drinks that inspired us this month

ROYALE CHAMBORD LIQUEUR

Royale Chambord Liqueur is a black raspberry flavoured liqueur imported from France. To make this liqueur, black raspberries are infused with a Cognac that has been mellowed and aged for at least four years. After this infusion, raspberry, currants and blackberry extracts are added. Closer to the end of the liqueur-making process spices such as mace, cinnamon, ginger, cloves and vanilla are added along with several other herbs, orange, and lemon. Acacia honey is added before the entire mixture is aged in barrels. Royal Chambord Liqueur pours a deep, dark purple colour and has a ripe and juicy, sweet and flavourful scent and taste.

FIREBALL CINNAMON WHISKEY

Fireball is made by infusing Canadian whisky with strong and natural cinnamon flavours. The exact origins of Fireball are thought to be unknown. However, it is rumoured that the spirit was forged sometime in the mid-1980s during the coldest winter Canada had ever seen. Due to the intense cold, a mixologist turned into a bit of a mad scientist and accidentally created Fireball in his attempt to find the permanent solution to frostbite.

GREENHOOK BEACH PLUM GIN

The small-tart fruits that Greenhook Ginsmiths makes its signature beach-plum gin from get their name from the sandy, soil-loving bushes that grow along the beaches of Long Island, New York. This new liqueur is considered to be an American spin on the traditional English sloe gin. Sloe gin is flavoured with sharp tasting sloe berries which, while common in Europe, are much harder to come by in the US. Beach plums are close relations to sloes, but they're native to the US which makes them a perfect substitute. The result is a vibrant, more fruit-forward red spirit.

REVIEWS



Deep South

RETURNS

Places we like, that you may have missed...

DEEP SOUTH

51 Grand Parade, Cork City

Tel: +353 (0)21 2418845; www.deepsouth.ie

Centrally located in Cork city, the interior of Deep South is airy and bright and decorated with what must be the most imaginative taste in Ireland. A long bar snakes its way around theatre seats, banking memorabilia and schoolhouse furniture. Rich drapes adorn exposed-stone walls with elegant cornicing and an elaborate chandelier, sparkling disco ball and modernist glass globes all hang heavily from the ceiling. Much like the interior decorator, the chef has thrown away the rule book, creating a menu featuring dishes as diverse as Irish stew and fish gumbo. The 'Snack Box' from the menu consisted of a robust chicken with an enjoyable kick and deliciously tender sweet potato fries.

THE COTTAGE RESTAURANT

Jamestown, County Leitrim

Tel: +353 (0)71 962 5933;

www.cottagerestaurant.ie

Complete with white-washed walls, flowering window boxes and a picture-postcard setting in a tiny village alongside the river Shannon, The Cottage is both part urban fine dining and country chic. It boasts stunning hand-carved wooden tables with ornately folded napkins and a slightly disconcerting – albeit youthful – strip of pink neon lighting. The celestially-high standard of food was immediately set with freshly baked bread accompanied by homemade basil pesto and sundried tomato paste. The beauty was in the simplicity of the chunky baked fillet of cod with delicately spun golden kataifi pastry sitting atop wilted greens – a verdant island amidst a lake-like portion of lime and chili cream.

TAIKICHI

35 O'Connell Street, Limerick

Tel: +353 (0)61 313725;

www.taikichirestaurant.com

With colourful prints adorning the walls, pink blossoms hanging from the ceiling and traditional chopsticks sitting atop chunky wooden seats, the décor of Taikichi is certainly unique. Service is less than brisk, but this is explained by the huge menu, with over 100 dishes to choose from. The gyoza – steamed and panfried dumplings of pork, ginger and chive – were impossibly light, served with a delightful, zesty sauce and worked well with the fresh uncomplicated flavours of the yakitori skewers of grilled chicken and spring onion.



The Purple Onion is much more restaurant than pub; it is also, unusually, an art gallery



PURPLE ONION

Tarmonbarry, County Roscommon.

Tel: +353 (0)43 335 9919;

www.purpleonion.ie

The sat-nav couldn't locate it, but apparently the people of Roscommon have no such difficulty, for on the afternoon we visited the Purple Onion we found it packed to the rafters with families, couples and many a hungry Sunday driver.

A series of dark, wooden-panelled rooms hidden behind a pretty stone-clad façade, the Purple Onion is much more restaurant than pub, the bar largely ignored in favour of the many tables scattered throughout. It is also, unusually, an art gallery, offering pieces by Irish and international artists.

Handed a lunch menu by the very efficient staff, my companion wisely chose a delicate and highly flavoursome St Tola goat's cheese salad (€6) to start, the pink beetroot stark amidst the soft cheese and sweet, caramelised walnuts.

I opted for a bowl of thin potato and onion soup (€4.50) with a slice of bread and a pat of butter. It wouldn't have looked out of place in a Dickens novel but was nicely seasoned and left plenty of room for my main course, which was excellent; blue cheese and walnut tortellini bathed in a silken basil cream and topped with rocket and fresh Parmesan (€12). Luscious and decadent with layered flavours, it was satisfaction in a bowl.

Substance again won out over style with my companion's pan-roasted sea trout (€12), a simple dish of two small, unadorned fillets and a scoop of mashed potatoes sitting in a puddle of sundried tomato butter. The fish was fresh and gently cooked, its pure, fresh flavour retained alongside the butter. The mash lost out to more interesting sides; a vibrant mix of Mediterranean vegetables and

a hearty bowl of creamy, garlic potatoes.

Choosing from the menu of craft beers (€5), I opted for a sweet-tasting blonde beer by Donegal Brewing Company but found I preferred my companion's crisp Irish cider, the 'Ballyhook Flyer' by Craigies.

Now wise to the generous portions, we shared a large Toblerone cheesecake (€6) and an even bigger pot of tea (€5). Served with strawberry coulis and fruit garnish, the cheesecake was rich but balanced, a perfect belly-busting Sunday sweet.

Having climbed the stairs to the small gallery above the restaurant, we were immediately drawn to the record-player, from which the captivating voice of Mahalia Jackson was playing.

An enjoyable hour followed as we browsed the gallery while the owner, Paul, companionably discussed the music, the artists and indeed the vagaries of business with us. We left full, educated and with a beautiful watercolour – a first in many years of visiting restaurants.

There is an endearing country charm to the Purple Onion, with its mismatched delph, crooked paintings and pots of loose-leaf tea. Despite featuring an in-house art gallery, it is the furthest thing from pretentious. The owners clearly have a love of food, music and art, surpassed only by their passion for sharing it.

Rachael Kealy

Open: Tues – Fri 5.30pm – 9.30pm;
Sat 12.30 – 9.30pm; Sunday 12.30 – 7.30pm

WE LOVED the great value, warm service and entrancing gallery

WE SPENT €55.50 on two starters, two mains, with craft beers, tea and a dessert

Have you any restaurant recommendations? Tweet us @FoodAndWineMag #SPellegrinoReviews



ACQUA PANNA

THE FINE DINING WATERS.....

S.PELLEGRINO



Despite being the key ingredient in a traditional Irish stew or shepherd's pie, lamb is not the most popular meat in Ireland and tends to divide opinion. But we are on a mission to change that. Here, **Jordan Poll** explores the different ways in which you can buy and cook the best mouth-watering and nutrient-rich lamb dishes

Delicious lamb chops

Back to basics with... lamb



Irish stew, made with lamb, stout, potatoes, carrots and herbs

Did you know?

- ▶ Australia and New Zealand are the world's biggest lamb meat exporters.
- ▶ Connemara Hill Lamb is a variety of lamb which was granted Protected Geographical Indication status under European Union law in 1999.
- ▶ Flavour pairings for lamb include yoghurt, aubergines, turnips, garlic, dill, mint, rosemary, apricots, cherries, quince, prunes, lemon, raisins, olives, almonds, cumin, coriander, redcurrants, and oregano.

From the mountainous areas of Galway and Wicklow to the lowland regions of Northern Ireland, sheep farming has been an age-old Irish tradition because of the animal's low-maintenance nature, the mild Irish weather and our nutrient-rich land. However, for all their eating qualities and flavour, sheep are still mainly reared for their wool and milk rather than their meat.

Lamb comes from a sheep under one year old, while spring lamb – a popular dish at Easter – is from sheep born in October/November and feeds on its mother's milk and grass until it is slaughtered in spring. Both meats are luscious, packed with flavour, and don't need to be cooked for too long to be tender. Hogget is meat from sheep aged between one and two years old, although these animals are usually used for breeding.

This meat is slightly tougher than lamb but still holds lots of flavour. Mutton is from sheep over two years old. This meat is typically used in stews because of its toughness, which requires slow, moist cooking to bring out its flavours.

FROM THE BUTCHER SHOP TO THE DINNER TABLE

Lamb is available in a wide range of cuts, each one suitable for several cookery methods and savoury dishes. Lamb is usually split into three sections – the forequarter, loin, and hindquarter. The forequarter is made up of the neck, shoulder, foreshank and ribs up to the shoulder blade. The hindquarter contains the leg, fillet and chump. The loin encompasses the ribs between the forequarter and the hindquarter. The most popular and expensive cuts are the leg and best end. In comparison, cheaper, full-flavoured cuts require slow and moist cooking to become tender.

Tips for buying

- ▶ **Colour:** For lamb, pale pink is desired. Mutton should be a dark purple-red. Cross sections of bone should be moist and bright red.
- ▶ **Texture:** Meat from premium young lambs has a fine-texture, firm and lean.
- ▶ **Marbling:** Lamb has a small degree of marbling that becomes more pronounced as the animal ages. Fat should be white.
- ▶ **Things to avoid:** Fat that is yellowish or grey. Meat with no marbling. Meat with a deep red colour. Meat with two-tone coloration. Meat with a coarse texture.
- ▶ **Quality assured:** Choose lamb with Bord Bia's Quality Assurance Mark, which ensures that Bord Bia's highest standards in food production have been achieved.



Mother sheep with baby lamb on grassy cliffs in Dingle

NUTRITION

The best lamb meat will give you almost all of your daily essential nutrients necessary for good health. Because it comes from an herbivorous animal, lamb is a rich source of CLA (conjugated linoleic acid). CLA, while needed by the human body, can only be manufactured naturally from the linoleic acid and bacteria present in the stomachs of grass-eating animals like sheep. Like all red meats, lamb is an excellent source of protein, iron, and zinc. Just one portion can provide up to half of your recommended daily protein allowance. Surprisingly enough, lamb contains the same healthy omega-3 fats that are found in fish. It is also a good way to bulk up on your A and B vitamins. Lamb supplies abundant amounts of vitamins A, B12, B3 and B6, which are important for red blood cell production, nerve function, food to energy conversion, and good vision.

Raw lamb chops with spices and herbs

Making the cut

Shoulder

The shoulder is a budget-friendly cut taken from the bottom of the lamb but its toughness means that it's best to either stew or braise the meat slowly to tenderise it. Because it tenderises the meat, lamb shoulder is often used for mince but can also be boned and rolled into a roasting joint or a leg alternative. The best way to roast a bone-in joint shoulder of lamb is by cooking it slowly for a long period of time until the layers of fat melt away and leave a very succulent meat that falls off the bone.

Neck

Because lamb neck often goes unused, it is one of the cheaper cuts. However, it is underused for a reason. The neck is quite tough and requires slowly cooking for a long time. The best results come from stewing or braising the meat. Despite its lacking appearance, you can use almost every piece of the neck when you cook it to very tender. Lamb neck in chop-like slices becomes very tasty when braised. Just above the middle of the neck is a cut called the scrag, which contains quite a few bones but is good in casseroles and stews.

Best end

The best end of lamb can be found towards the end of the neck and can be roasted whole but it is more commonly found in the form of rack of lamb or lamb cutlets. This prime cut is usually quite expensive. Rack of lamb is the best end but has the fat trimmed away to reveal the clean bones sticking out of the meat. Rack of lamb can also be sold in individual cutlets.

Loin

Lamb loin is another pricey cut of lamb because it is a perfect specimen for roasting. Lamb chops can also be cut from this joint and then be pan-fried or grilled. Loin is made up of parts of the top loin, the tenderloin, the eye and the flank, all covered with a thin layer of fat around the outside. Saddle of lamb is sold as the two loins joined together connected by the hip.

Leg

Leg of lamb is one of the most expensive cuts, because of the high demand, and is mainly used as a whole roasting joint both on and off the bone. Leftovers are traditionally used in shepherd's pie (although Eunice Power's crispy salad is a nice alternative), with the bone being used to make the broth. Aside from being roasted, leg of lamb can be butterflied to remove the bone and then barbecued or grilled.



HANDLING AND HOME STORAGE

- 1 If you have purchased lamb from the butcher or transported it in a plastic container, immediately remove it from its packaging, place on a large plate and cover lightly with clingfoil to permit airflow. Loose cuts should last for two to five days in the fridge, but always take into account the packaging dates.
- 2 Always keep lamb in the fridge and separated from other cooked or ready-to-eat foods.
- 3 To freeze lamb, place in a vacuum sealed or airtight freezer bag and use within three to four months.
- 4 Meat should not be thawed at room temperature by leaving it out on the kitchen counter. Rather, it should be left in the fridge for a few days to thaw. Meat thawed quickly must be used immediately. Thawed meat should not be refrozen in its raw state.

Chef's view

Eunice Power offers her insight into one of her favourite ingredients – turn to page 41 to try her delicious lamb recipes

I absolutely adore lamb. It has an earthy and distinctive flavour, stronger and richer and somewhat more gamey than chicken or pork, and usually very tender. Differing from other meats, lamb is very often an acquired taste, and some find it too greasy for their palate. Garlic is a great accompaniment, and it goes without saying that Irish lamb has the most sensational flavour of all. Whilst traditional lamb dishes, the ones I was brought up with, such as roast leg, shepherd's pie and Irish stew, are delicious, my personal preference leans toward eastern cookery where less expensive cuts of lamb are transformed into aromatic and subtly perfumed dishes using spices such as cumin, crushed allspice (not to be confused with mixed spice!) and cinnamon.

Almost all parts of the lamb can be used in cooking, although the cooking methods for each part will vary. Names for the various cuts of lamb change from place to place and can be quite fashion-driven.

- ▶ The traditional chump chop often causes confusion at the butchers' counter as it is referred to as rump (with the bone removed) or lamb steak.
- ▶ The leg has the highest proportion of lean meat and is most traditionally used for roasting. Leg of lamb is usually sold on the bone but I often take it off the bone and butterfly it – spreading it flat – this is ideal for barbecuing.
- ▶ When roasting lamb on the bone I usually allow 15-20 minutes per 450g, starting off with the temperature at 230°C/gas mark 8 for the first 15 minutes and reducing the temperature to 180°C/gas mark 4 for the remainder of the cooking time. For best results allow the lamb to rest for at least 20 minutes before serving.
- ▶ Minced and diced lamb usually comes from the neck, breast and shoulder, although the shoulder, whilst not as lean or tender as the leg, is full of flavour and works well when slow cooked as a whole piece. 🍴