

DICED MUTTON

SLOW COOK



FOR BEST RESULTS, SLOW COOK THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
RARE	48-50°C	52-54°C
MEDIUM RARE	52-54°C	56-58°C
MEDIUM	56-58°C	60-62°C
WELL DONE	65-68°C	70-75°C

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

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METHOD

- 1 Pre heat your oven to 150°C / 130°C fan assisted (gas mark 2).
- 2 Remove your meat from the packaging & pat dry before cooking.
- 3 Make a Mirepoix by neatly chopping equal amounts of onion, carrot and celery or my preferred choice of celeriac, the root of the celery plus a bay leaf & a sprig of thyme.
- 4 Season the meat with sea salt & cracked black pepper before searing in a little olive oil or rapeseed oil in a casserole dish over high heat until brown then keep to one side.
- 5 Next fry the Mirepoix until lightly coloured, add half a bottle of red wine & reduce by two thirds then add 300ml of lamb or chicken stock, 1 tablespoon tomato paste (optional) and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stir into the boiling broth then add the meat to the casserole.
- 6 Cover & place in the centre of the oven and cook for 2 to 2½ hours, the meat should be tender when pierced with a skewer.
- 7 Remove from oven & pass off the juices through a fine sieve into a clean saucepan and reduce to rich, glossy gravy then pour back over the meat ready to serve.

SERVING SUGGESTION

Serve with celeriac mash & grain mustard.

