LAMB NECK FILLET
SLOW COOK

FOR BEST RESULTS, SLOW COOK THIS CUT

While 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

METHOD

1. Remember to remove your meat from the packaging, pat dry and bring to room temperature.
2. Preheat your oven to 135°C temperature (gas mark 3).
3. Next choose a suitable sized oven proof casserole with a tight fitting lid.
4. Season the meat just prior to colouring with good quality sea salt.
5. Make a mirepoix by neatly chopping equal amounts of onion, carrot and celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of rosemary and a few black peppercorns, another nice addition can be a head of garlic split in half.
6. Take a large, heavy based frying pan, and add a few drops pomace or vegetable oil.
7. Fry the lamb on all sides in small batches then transfer to the casserole dish.
8. Next fry the mirepoix until lightly coloured.
9. Then add half a bottle of white wine, and reduce by two thirds then add 500ml of Essential Cuisine lamb stock, 1 tablespoon tomato paste (optional) and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stirred into the boiling broth.
10. Pour the sauce over the lamb and cover.
11. Place in the centre of the oven and cook for approximately 3 hours, the meat should be tender when pierced with a meat fork.
12. Remove from oven, carefully take out the meat and keep warm.
13. Pass off the juices through a fine sieve into a clean sauce pan and reduce to a glossy finish then pour back over the meat ready to serve.

SERVING SUGGESTION

Serve with mashed potatoes and seasonal greens.

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