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ingredients to inspire...

BRAISED MUTTON WITH SUMMER VEGETABLES AND MINT PESTO

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Brought to you by
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and Service

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Serves: 6

Ingredients

700g leg of mutton, diced
250ml olive oil
1 onion, chopped
300g potatoes, diced
150g carrots, sliced
2 garlic cloves, crushed
1.5 ltr chicken stock
20 mint leaves
6 basil leaves
100g parmesan cheese, grated
40g pine nuts
4 tomatoes, roughly chopped
6 baby turnips, cut into quarters
12 spring onions, trimmed to
10cm long
4 celery stalks, cut into
2cm pieces
20g butter
20g sugar

Method

1. Put the diced mutton into a saucepan. Cover the meat with water and bring to the boil. Drain off the boiling water, and then refresh with cold water. Drain well.
2. Add 50ml of olive oil to a large braising pan and add the onion, half the potatoes, half the carrots and 1 garlic clove. Cook for 2 minutes. The vegetables should not begin to colour.
3. Add the mutton and chicken stock and season with salt and pepper. Bring to the boil and simmer for 1½ hours.
4. Put the mint, basil, remaining garlic clove, parmesan cheese and pine nuts into a food processor and blend, adding the rest of the olive oil as you do. Season with salt and pepper.
5. After the mutton has cooked 1½ hours, add the rest of the potatoes and the tomatoes and continue to cook for another 30 minutes.
6. Put the turnips, remaining carrots, spring onions and celery in a pan and add the butter, sugar and 100ml of water. Cook the vegetables 'al dente' (they should remain firm).
7. When the mutton is cooked and tender, serve the stew in large bowls with some glazed vegetables scattered on top and a big spoonful of mint pesto.



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