

OUMA MARIE'S LAMB NECK

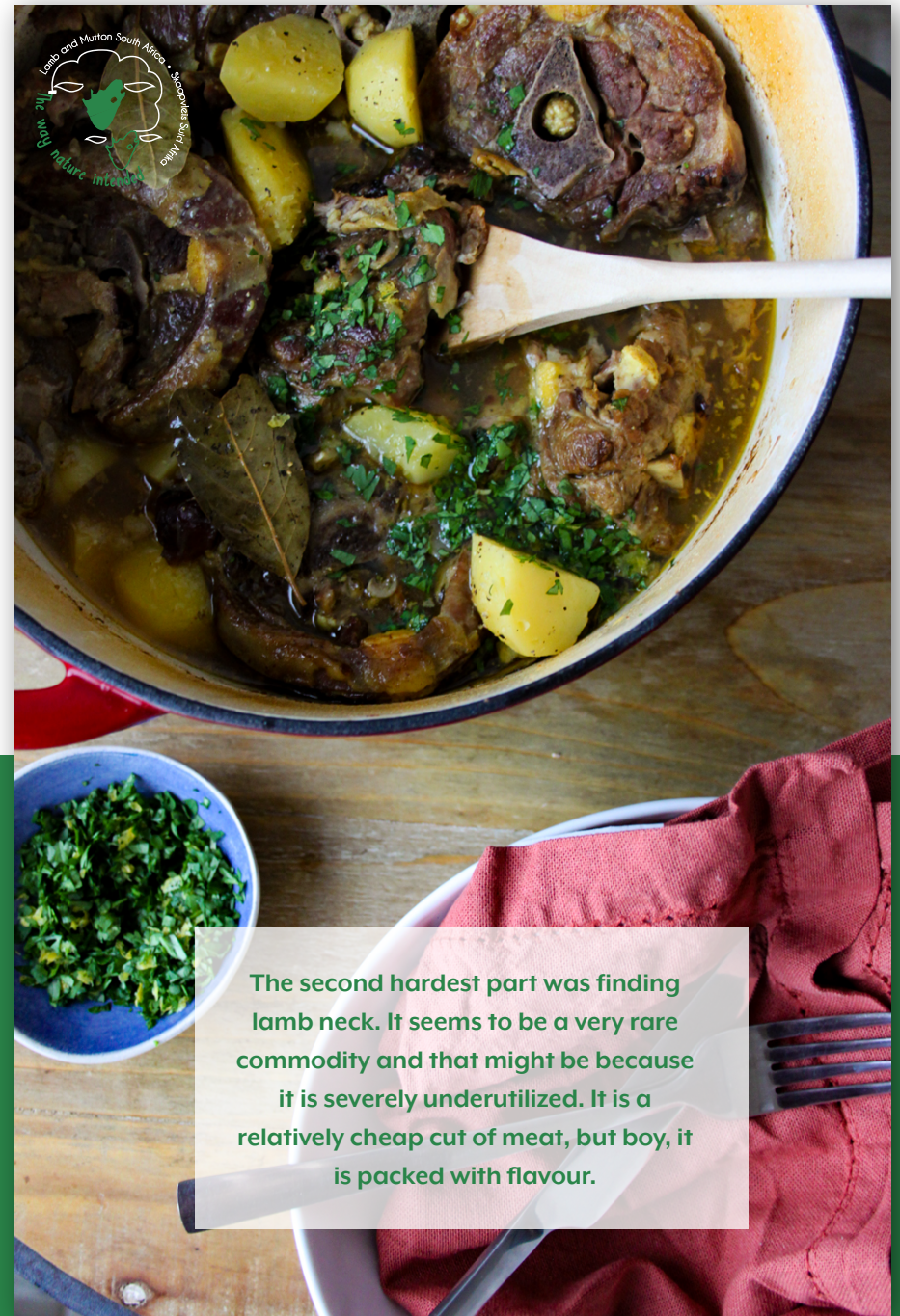
Lamb neck 1.2 kg
Curry powder 1 t
Red wine vinegar 1 T
Water 3 – 4 cups
Bay leaves 3
Sugar 1 t
Small Nicola Potatoes 700 g
Salt and pepper to taste

Preheat the oven to 120 °C. Put a cast iron or ceramic pot on a high heat. Brown the lamb neck pieces. Do not over crowd the pot, so rather do this in batches. Salt the pieces while they are browning.

Once all the meat is browned, take the pot off the heat and add the curry powder. Dry fry for a couple of seconds and then add the vinegar. Put the browned lamb back in the pot and cover with cold water. Add the bay leaves and sugar. With a lid on, slow roast the lamb in the oven for 4 – 6 hours, or until the meat falls from the bone.

Peel and quarter the potatoes. Add them to the lamb and roast for another hour. Season with salt and pepper.

When the potatoes are soft, the dish is ready to be served. I recommend serving it with some fresh herbs, fluffy basmati rice and blistered cherry tomatoes.



The second hardest part was finding lamb neck. It seems to be a very rare commodity and that might be because it is severely underutilized. It is a relatively cheap cut of meat, but boy, it is packed with flavour.