



CROATIAN LAMB PEKA

LAMB

1 kg Boneless shoulder of lamb
1 tablespoon Garlic, pureed
2 tablespoons Tomato paste
100 ml Olive oil
2 teaspoons Salt
1 teaspoon Freshly ground pepper
6–8 medium Potatoes, peeled and cut into thick slices / baby potatoes
3 medium Baby marrows, sliced thickly
2 medium Carrots, peeled and chopped in large chunks

1 Green pepper, deseeded and cut into wedges
1 small Aubergine, cut into chunks
1 large Onion, peeled and quartered
½ cup Sundried tomatoes, chopped
250 ml White wine
1 teaspoon Chicken stock powder
2 stalks Fresh thyme, or 1 teaspoon dried
2 stalks Fresh rosemary
4 leaves Fresh sage

PREPARE THE LAMB:

1. Preheat the oven to 220°C. Bring the meat to room temperature.
2. Make the oil marinade by combining the garlic, tomato paste, olive oil, salt and pepper.
3. Add the lamb and mix well until all the meat is covered with the marinade.
4. Prepare the vegetables and place the potatoes, baby marrows, carrots, green pepper, aubergine, onion and sundried tomatoes in a large heavy-based ovenproof casserole dish.
5. Place the marinated lamb on top of the vegetables and pour over the wine and sprinkle the chicken stock over the meat. Place the herbs on top of the meat.
6. Cover with the lid or cover tightly with tin foil. Cook for 1 hour 30 minutes.
7. Remove the lid and baste with the sauce and cook for a further 30 min, or until tender and nicely browned.
8. Serve with a fresh rustic bread and cold white wine.

A take on the flavours of the Croatian national dish. Slow-cooked deboned shoulder of lamb cooked in a heavy cast iron dish in the oven. Lamb is cooked with potatoes, vegetables, garlic, herbs and white wine till very tender as a one pot authentic dinner.