

# LAMB NECK

Whole lamb neck roasted in the oven and served with gremolata and polenta


EQUIPMENT: LA GERMANIA

Lamb

- 1 kg Lamb neck, whole
- 1 teaspoon Salt
- ½ teaspoon Pepper
- 1 teaspoon Ground coriander
- 2 tablespoons Olive oil
- 2 large Onions, sliced
- 1 cup White wine
- 2 cups Lamb/chicken stock
- 10 Baby carrots
- 10 Baby potatoes
- 10 Pickling onions, peeled
- 3 sprigs each Rosemary, thyme, mint, sage

Prepare the lamb

1. Preheat the oven to 160°C. Season the lamb with salt, pepper and ground coriander.
2. Heat the oil in a large ovenproof or cast-iron casserole dish over high heat. Add the lamb and cook, turning occasionally, until golden, about 2-3 minutes a side. Turn the heat down, add the onions and stir fry until golden. Add the wine and deglaze the pot, loosening any sticky bits on the bottom of the pot.
3. Place the prepared vegetables and herbs around the lamb Add the stock and cover with the lid and place in the oven and slow roast for 2 ½ -3 hours. Remove the lid for the last 30 minutes too brown the meat.
4. Remove the meat from the pot and place on a serving plate, place the vegetables around the meat and cover to keep warm.
5. Strain the juices and thicken with beurre Mani (a flour and butter paste).
6. Serve with the meat and vegetables on soft broth infused polenta and a sprinkling of gremolata.



A whole Lamb neck is slow roasted in the oven with vegetables and herbs until falling off the bone and served surrounded with gremolata and a soft broth infused polenta.



Yield: 4-6 servings  
Prep time: 10 minutes  
Cooking time: 3 hours  
Total time: 3 hours 10 minutes



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