

LAMB 'BRAAIBROODJIES'

with spicy peach marmalade



Braibroodjies made with pulled lamb flank, thinly sliced pecorino cheese and a spicy peach marmalade.

Ingredients

1 clove Garlic
1 Onion, peeled and quartered
1 Carrot, peeled and thickly sliced
1 stalk Celery, sliced
2 sprigs Rosemary
1 Whole all spice
1 teaspoon Salt
½ teaspoon Black pepper, coarsely ground
1 tablespoon Olive oil
250 ml Lamb/chicken stock
8-12 slices Bread
(ciabatta/sourdough/pitas/panini)
4 tablespoons Sweet mustard
½ cup Peach marmalade/chutney
4 Peaches/nectarines, stone removed
and sliced
100 g Pecorino cheese, thinly sliced
4 tablespoons Butter



Peach Marmalade

1 small Onion, sliced in thin rings
3-4 Yellow nectarines or yellow peaches,
stone removed and sliced
1 teaspoon Fresh ginger finely diced
1 clove Garlic, crushed
2 teaspoons Oil
½ teaspoon Chili flakes
¼ teaspoon Cinnamon
¼ teaspoon Cardamom
1 tablespoon Sugar
2 tablespoons White balsamic Vinegar

Prepare the lamb:

1. Place the flank in a large casserole dish with a lid. Place the garlic, onion, carrot, celery, rosemary and all spice in the casserole dish with the lamb.
2. Season with salt and pepper and drizzle the olive oil over. Pour the stock around the lamb and cover with the lid.
3. Cook for an hour over medium heat (can also be placed in the oven at 180°C). Remove the lid and cook another 30 minutes until brown.
4. Remove the meat from the heat and let it rest and cool for 10 minutes. Remove the meat from the liquid in the dish. Reserve the liquid and use as a stock and moisten the pulled meat slightly before placing it on the bread.
5. Use a fork to pull the meat apart into small threads and remove the fat and sinews in-between the meat.

Prepare the braaibroodjie:

6. Spread the bread with mustard, top the bread with the pulled lamb. Top with the peach marmalade and sliced peaches. Place the thinly sliced cheese on top and season with salt and pepper.
7. Close the sandwich with the other slice and butter both the outsides of the sandwich.
8. Toast on the fire in a grid over a very slow open fire, about 10-15 minutes.

Prepare the peach marmalade:

9. Prepare the onion, peaches, ginger and garlic.
10. Heat the oil in a pan over medium heat. Add the onion, ginger and garlic and soften but do not let it brown.
11. Add the chili flakes, cinnamon, cardamom and sugar and stir until the sugar has dissolved.
12. Add the peaches, mix and allow to cook for 5-10 minutes just to glaze the peaches and thicken slightly.
13. Allow to cool and use as required.

Note:

The meat can be prepared in advance then the braaibroodjies can just be prepared and served in much less time.

