

Georgian Lamb Stew



Serves: 4

Profitability:

Steps:

Pre-heat the oven to 150 C

Melt the butter in a 3-ltr casserole. In a separate bowl, mix together the garlic, cayenne pepper, coriander and basil until well blended

Place half of the lamb in the casserole and season with salt and pepper to taste. Layer half the onions, aubergene, potatoes, herbs and tomatoes on top of the meat. Repeat with the remaining ingredients, keeping them in separate layers. Pour in the stock, cover the casserole, and slow cook in the oven for 4 1/2 - 5 hours

Ingredients:

8 tbsp butter

5 garlic cloves

1/4 tsp cayenne pepper

2 cups fresh coriander, chopped

2 cups fresh basil, chopped

680g lean lamb, cut into cubes

salt and freshly ground black pepper

4 onions medium, sliced

340g aubergene, cubed

450g potatoes, cubed

400g can tomatoes, diced

6 tbsp beef stock