

# oriental lamb and date casserole serves 8



Be sure to buy loose dates, not a compressed block – and serve with oriental noodles.

## ingredients

1.5 kg / 3 lb 5 oz shoulder of lamb, trimmed, cubed

100 ml / 3½ fl oz light soy sauce

2 tbsp freshly grated root ginger

10 whole star anise

3 tbsp sunflower oil

2 level tbsp plain flour

1 onion, peeled, chopped

3 garlic cloves, peeled, chopped

2 red peppers, deseeded, slivered

600 ml / 1 pint lamb stock, hot

200g / 7 oz dried stoned dates

3 tbsp freshly chopped coriander

2 spring onions, chopped

Chinese egg noodles



## method

Place the meat in a bowl. Mix the soy and ginger and pour over, with the star anise. Cover and leave in the refrigerator overnight. Fish out and discard half the star anise; leave the rest.

Heat the oil in a heavy casserole and brown the meat in 2 batches. Sprinkle the flour over the meat and stir well, cooking for a couple of minutes.

Add the onion, garlic, peppers, hot stock, dates and remaining marinade. Season well, bring to the boil, then cover and place in a preheated oven (150C / 300F / Gas 2) for 1¾ - 2 hours. Stir in 2 tbsp coriander and check seasoning. Serve from the casserole, garnished with spring onions, the remaining coriander and with hot noodles.

With a Q Butcher you can be confident of quality meat from a quality retailer – guaranteed !

For more information call our helpline on 01383 432622 or visit the Guild's website at [www.guildofqbutchers.co.uk](http://www.guildofqbutchers.co.uk)