

?An indulgent Peking lamb recipe. This delicious braised lamb dish, inspired by the flavours of Beijing, is beautiful served with vegetables and sticky rice.? If Ken Hom says so, it has to be worth a shot?

Ingredients:-

A Shoulder of lamb, Cubed
2 Spring onions, sliced
2 Slices of fresh ginger
1 tbsp of Oil
1 small Onion, finely chopped

Ingredients for the Braising Stock:-

900ml of Chicken Stock
2 Star Anise
50g of Rock Sugar
3 tbsp of Soy Sauce (Gluten free for us)
3 tbsp of Shaoxing Wine
1 Cinnamon stick
2 tbsp of Sesame Paste
2 tbsp of Hoisin Sauce (Gluten free for us)

Method:-

(1) Blanch the lamb by plunging it into boiling water for 5 minutes. Remove the meat and discard the water.
(2) Heat a wok or a large frying pan over a high heat. Add the oil, and when it is very hot and slightly smoking, add the pieces of lamb and stir-fry them until they are brown.
(3) Add the spring onions, ginger and onion to the pan and continue to stir-fry for 5 minutes.
(4) Transfer this mixture to a large casserole dish and add the braising sauce ingredients.
(5) Bring the liquid to the boil, skim off any fat from the surface and turn the heat down to 120c.
(6) Cover and braise for 1½ hours, or until the lamb is tender.
(7) To server drizzle with sauce from the casserole dish.

We served ours with pan seared Pak Choy and Five Spice Potatoes, garnished with sliced Spring Onions.