

Braised Lamb Neck Stew with Peppers and Butterbeans

Serves 4

This recipe is from Bill Granger, an Australian who has achieved celebrity chef-dom in London, England. His father was a butcher who loved lamb and who felt that the lamb neck was “one of the best bits to bring home.” Well, father knew best because this is truly magnificent and incredibly tasty. The fatty neck, when sufficiently braised, becomes almost buttery. Give yourself about an hour to prep and brown, and two hours to braise and finish.

Note that if you are going to fillet (debone) the lamb neck yourself, assume the meat is about 70% of the weight, so you'll need about 2.75 - 3 pounds of bone-in lamb neck. That said, brown and include the neck bones because they will make the stew even richer and are great to munch on, like little lamby osso buco.

Ingredients

- 1 Tbs olive oil
- 2 lbs lamb-neck fillet, cut into 2 inch lengths (see notes)
- 1 onion, chopped
- 3 garlic cloves, chopped
- 1 Tbs sweet paprika
- ½ tsp dried chili flakes
- 1 large tomato, chopped
- 2 rosemary sprigs
- 7 oz white wine
- 8 oz chicken stock
- 4 roasted red peppers, cut into strips (or a 10-ounce jar of sliced roasted red peppers)
- 1¼ pound white beans, such as haricot, cannellini, or butter (lima) beans, drained and rinsed (par-cook frozen beans ahead of time)

Instructions

1. Preheat the oven to 325°F.
2. Heat the olive oil in a large shallow casserole dish over medium-high heat. Season the lamb with salt and freshly ground black pepper and cook in batches until well browned. Remove from the pan and set aside. Add the onion and cook until it starts to turn golden then add the garlic, paprika, and dried chili, and cook for 30 seconds. Return the lamb to the casserole, adding the tomato and rosemary.
3. Pour in the white wine and boil for 1 minute, allowing the alcohol to evaporate. Pour in the stock and, when it comes to the boil, cover and move the casserole to the oven. Cook for 1½ hours.
4. Stir in the roasted peppers and beans and cook for another 15 minutes or until the lamb is really tender. Serve with couscous or quinoa to soak up the broth, along with some green vegetables such as wilted spinach or green beans.