

Aubergine, Bean and Lamb Casserole



Serves 4

Ingredients:

3 tablespoons oil
2 sliced onions
4 sliced carrots
2 stalks of chopped celery
900g/2lbs cubed middle neck of lamb
Seasoned flour to coat
1 large sliced aubergine weighing about 225g/8oz
450ml/.75 pint stock, 100g/4oz dried haricot beans (soaked overnight in cold water)
1 tablespoon tomato puree
Salt & freshly ground black pepper
Chopped parsley to garnish

Method:

Heat the oil in a large flameproof casserole and sauté the onion, carrot and celery for about 5 minutes. Remove from the pan with a slotted spoon and set aside. Coat the lamb in seasoned flour and add to the pan juices. Quickly fry until well browned. Return the vegetables to the casserole. Add the aubergine, pour over the stock and mix in the drained beans. Stir in the tomato puree and season to taste. Bring to the boil, cover and simmer for 2.5 hours until the meat and beans are tender. Allow to cool, skim away any surface fat then reheat for 15-20 minutes. Serve garnished with chopped parsley and accompany with a crisp salad and jacket potatoes.

Your Notes



You've got **GREAT** taste!

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