

Italian Lamb Ragu

EQUIPMENT

Chef's Knife, Casserole Dish, Baking Paper, Wooden Spoon, Mixing Bowls, Spoons, Ladle, Frypan, Paper Towel

INGREDIENTS

1 x Diced Onion, 1 x Diced Fennel Bulb, 2 x Diced Celery Sticks, 1kg Diced (5cm Cubes) Lamb Shoulder, 8 Cloves Roughly Chopped Garlic, 2 Sprigs Rosemary, 150ml Red Wine, 3-4 Anchovies, 3 Star Anise, 3 Whole Cloves, 1 Cinnamon Stick, 1lt Passata, 2 Pieces Orange Zest, Sea Salt, Slate Bread, Vegetable Oil

METHOD

To begin: Place a large casserole dish on the stove over medium heat, add vegetable oil and once hot add onion, fennel and celery and saute for 1-2 minutes.

Next add garlic and cook for a further 1-2 minutes. Remove the stalks from the rosemary and add to the pot with cinnamon, clove, star anise, orange zest and anchovy and cook for a further 2-3 minutes.

Next add the wine and cook for 2 minutes to evaporate the alcohol, then add the passata and bring the mixture to the boil. Next add the diced lamb and bring the mixture to the boil again and once boiled cover with a cartouche and place in a preheated oven combi setting (high steam) 150 °C for 3 hours.

For the pangratto place a frypan over medium heat. Break the bread into small pieces, pick the rosemary leaves and season the bread mix with salt. Add a little vegetable oil to the pan and add the bread and rosemary mix and cook until golden brown, transfer to a plate lined with paper towel and set aside.

Once the ragu has cooked remove from the oven and use a ladle to skim away excess fat, serve the ragu over creamy polenta, top with pangratto and parsley leaves and serve.

HINTS & TIPS

This ragu can be used for anything, as a pie filling, in place of a traditional bolognese for pasta or lasagne or served as we have with some creamy polenta.

If lamb is not to your liking you can replace it with beef ribs, osso bucco (shank) or even oxtail.