

Lamb Carbonade with New Potatoes



Serves 4

Prep 15 mins

Cooking 40 mins

Easy

Ingredients

15g butter
450g lamb fillet, cut into cubes
2 onions, finely chopped
100g mushrooms (chestnut), sliced
1 tbsp plain flour
700g new potatoes (halved, if large)
1 tbsp tomato purée
300ml or 1/2 pint of beer
1 tbsp Worcestershire sauce
1/2 pint of lamb or chicken stock
140g peas, fresh or frozen
3 tbsp chopped fresh parsley

1. Melt the butter in a large oven-proof pan. Add the lamb fillet and cook for 5 minutes until browned all over. Tip in the onions and mushrooms and cook for a further 10 minutes, stirring until the onions are nicely browned.
2. Stir in the flour, potatoes, tomato purée, beer, Worcestershire sauce and stock. Bring to the boil, then cover and simmer for 25 minutes. Stir in the peas for the last 5 minutes of cooking time. Season taste with salt and pepper. Scatter over the parsley and serve.