

Spanish Lamb with Sherry, Honey & Peppers



Serves 4 - 6

Prep 15 mins

Cooking 2h 30 mins

Challenge

Ingredients

1 kg lamb shoulder, trimmed of excess fat, then cubed

1½ tbsp olive oil

1 large onion, roughly chopped

1 red pepper, halved, deseeded & sliced

1 yellow pepper, halved, deseeded & sliced

1 green pepper, halved, deseeded & sliced

½ tsp paprika

250ml medium sherry

250ml lamb stock

1 tbsp sherry vinegar or 3/4 parts red wine vinegar and 1/4 part sherry

1½ tbsp honey

1 tbsp finely chopped parsley or chopped toasted blanched almonds
cooked couscous to serve

1. Make sure your lamb isn't too damp - pat it dry with kitchen paper if you need to, otherwise it won't colour well. Heat 1 tbsp olive oil in a large casserole dish & brown the lamb over a high heat in batches (if you crowd the pan the meat will sear & not brown). Remove with a slotted spoon. When all the lamb is browned, add the remaining cooking oil & cook the onion & peppers over a medium heat until the onion is golden & the vegetables are softened. Add the paprika & cook for a further 1 min, then add the sherry and bring to a simmer.
2. Put all the lamb back in the pan, along with the stock, sherry vinegar and honey. Season and bring to just under the boil. Turn the heat down, cover the pan and leave to cook very gently for 2 hrs, turning the meat every so often.
3. In the last half hour of cooking time, remove the lid so that the sherry and stock can reduce. You want to end up with completely tender meat in flavoursome gravy - how long this takes will depend on how wide your pan is so you may need to give it longer than 30 mins. Check seasoning. You may want to sweeten the dish slightly. Scatter the parsley or almonds on top or use both. Serve with Couscous.