



Lamb ragout with plums



Serves: 4 – 6

INGREDIENTS

1 kg leg of lamb, boned
Sea salt
6 cardamom pods
6 allspice corns
1 tsp pink peppercorns
1-2 tsp cumin
½ tsp **nutmeg**, grated
2 onions
1 leek
2 carrots
1 red chilli pepper
2 cloves of garlic
1 tbs olive oil
200 ml **red wine**
400 ml lamb stock
100 g **dried plums**
2 cinnamon sticks
2 laurel leaves
Juice and zest of 1 organic lemon
200 g quartered fresh plums
100 ml orange juice

ALLERGENES HIGHLIGHTED IN
BOLD

PREPARATION

Rub lamb in sea salt immediately after purchase and allow to rest in a covered bowl in the fridge. Fry cardamom, allspice, pepper and cumin in a frying pan until they give off an aroma, then crush them in a pestle and mortar and combine with the nutmeg.

Clean the vegetables. Cut onions into wedges and leek into rings. Slice the carrots into discs. Cut the chilli in half lengthwise and remove the seeds. Chop the garlic. Dice the meat.

Heat the oil in a roasting pan and seal the meat and bones vigorously on all sides for approx. 5 minutes. Add vegetables and fry them vigorously too. Gradually add red wine and lamb stock, thereby separating the residue from the bottom of the pan. Add the dried plums, crushed spices, chilli, garlic, cinnamon sticks, laurel leaves as well as lemon juice and zest.

Simmer the ragout in the oven in the covered roasting dish for 80 minutes, 130°C CircoTherm®, level 3 (or 80°C fan-assisted). 10 minutes before the cooking time has expired, remove the meat from the ragout and puree the sauce. Add the diced meat and plums to the sauce, flavour the ragout again with spices and some orange juice and return to the oven for the remaining cooking time without the lid. Present on plates.

Tip: raisin couscous with toasted almonds or rice go well with this dish.