

BUILDING A LIFE AROUND FOOD & COMMUNITY

THE
**EDIBLE
GARDEN**
COOKBOOK &
GROWING
GUIDE



PAUL WEST
HOST OF
RIVER COTTAGE
AUSTRALIA

LAMB CHOPS BRAISED WITH WINE AND CANNELLINI BEANS

Forget those fancy lamb cutlets – a good forequarter chop wins me over every time. The meat is flavoursome and fatty, and imparts a lovely richness to this slow-cooked dish. The beans work particularly well here, soaking up all the flavours and making the dish as hearty as it is appetising.

olive oil, for cooking

4 lamb forequarter chops

salt and black pepper

1 onion, finely sliced

2 celery stalks, finely sliced

1 rosemary sprig, leaves picked and finely chopped

250 ml (1 cup) white wine

400 g can cannellini beans, drained and rinsed

1 bunch of flat-leaf parsley, leaves picked

Preheat the oven to 150°C.

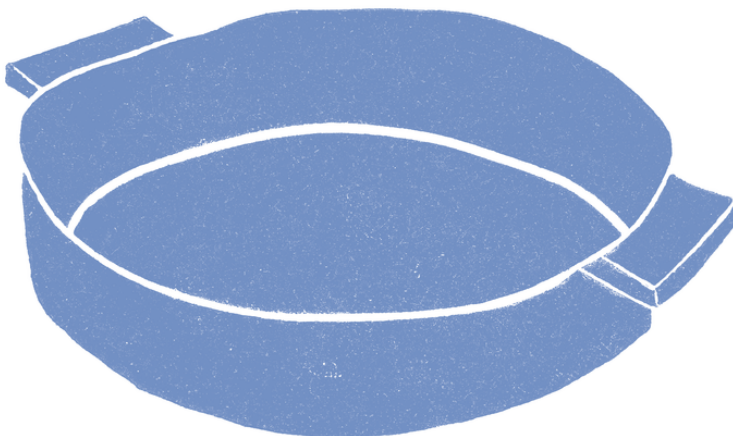
Heat a large flameproof casserole dish over medium heat and add a good splash of olive oil. Season the lamb chops generously with salt and pepper, then fry for 2–3 minutes each side or until nicely browned. Remove them from the dish. Reduce the heat to low and add a little more olive oil to the dish, then pop in the onion, celery and rosemary and cook for 5 minutes or until softened.

Add the wine and beans, increase the heat to high and bring the mixture to a simmer. Return the lamb to the dish, then cover with a tight-fitting lid and pop the dish in the oven. Cook for 1–1½ hours or until the lamb is nice and tender.

Remove the lamb chops and stir the parsley into the bean mixture.

To serve, spoon the braised beans into shallow bowls and top with the lamb chops.

SERVES 4



COOK MEAT

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