

View from the Fridge – Recipes from Brian Donkin

Recipe # 73 – Spiced Lamb Casserole with Aubergine and Lime

Preparation time: 10 min – Cooking time: 1 hour

Ingredients

600gms of diced lamb
1 aubergine, sliced thinly
2 cloves of garlic, pureed
1 tablespoon tomato puree
1 teaspoon lime pickle pureed
1 tablespoon Worcestershire sauce
1 glass red wine
2 tablespoons plain flour
1 pint meat stock
salt and pepper
50 gms of butter

Method

1. Fry lamb in oven-proof pot with butter for 2 minutes. Add aubergine and fry for 1 more minute. Add garlic, lime pickle and tomato puree and stir in flour.
2. Add Worcestershire sauce, red wine and stock.
3. Bring to boil, cover with lid and put in oven at 200c for 1 hour.
4. Serve immediately

Serves 3

