

BRAISED MUTTON CHOPS WITH CIDER AND ROOT VEGETABLES

A great feast for four, this recipe is full of autumnal flavours. Try to find a dry cider made from a single variety of apple. Serve with a celeriac and potato puree and a glass of the cider.

SERVES: 6

INGREDIENTS

- 4 large loin or best end chops, trimmed of most of the fat
- 2 leeks sliced into 1cm (0.5") rounds
- 16 baby turnips
- 16 baby carrots
- 16 shallots
- 5ml (1 tsp) fresh picked thyme
- black pepper
- salt
- Oil for frying
- 450ml (3/4 pint) dry cider
- 5ml (1 tsp) Demerara sugar
- 5ml (1 tsp) tomato puree
- 15ml (1 tbsp) shredded flat parsley

METHOD

1. Heat a little oil in a frying pan and gently cook the leeks until lightly coloured and slightly soft.
2. Place leeks in a deep metal or earthenware casserole dish with tight fitting lid and set aside.
3. Now cook the shallots and the turnips in the frying pan until both are golden brown. Remove from the frying pan and keep to one side.
4. Dust the cutlets with plain flour. Gently seal the meat in the frying pan until well coloured. Do not burn the flour.
5. Place the cutlets on top of the leeks in the casserole dish.
6. Deglaze the frying pan with a splash of the cider. Add the tomato puree to this liquid, then the sugar to balance the acidity of the cider. Pour this liquid over the lamb.
7. Season well with salt and pepper and enough cider to just cover the cutlets.
8. Cover and cook in a medium oven for 30 minutes, then add the turnips, shallots and carrots and cook for a further 30-40 minutes.
9. Skim any fat off the remaining liquid, check the vegetables are cooked sufficiently, and adjust seasoning. Stir in the parsley.