

LAMB GIOUVETSI (Lamb with orzo pasta)

INGREDIENTS

- 1.5 Kg Lamb (Preferably Henrys or Shoulder)
- 400gr Orzo Pasta
- 2 Medium size onions
- 6 Cloves garlic
- 2 Tins chopped Italian tomatoes
- 50gr Tomato paste
- Oregano, Salt, Pepper (amount to your taste)
- 100 ml Olive oil
- 2 Beef stock pods or cubes
- You can substitute the lamb with chicken, beef or just vegetables (i.e. Aubergines, Peppers, Courgettes, Leeks)



METHOD

- Drizzle half of the olive oil in a large pan and brown the meat until you have a nice golden/brown colour.
- Roughly chop the onions and garlic
- Once the meat is browned, take it off the pan and leave it to one side. Using the same pan sauté the onions and garlic for a couple of minutes, then add the tomato paste and carry on for a couple more minutes until you have a vibrant red mixture. Add the chopped tomatoes, oregano and stock pods/cubes and stir well and let it simmer for 5 minutes. Season to taste with salt and pepper. (If you are using stock cubes grate them finely before using).



- In a tray place the lamb (skin up) and pour the sauce over it. Make sure that the lamb is covered well with the sauce. Cover with foil and place the tray on the middle shelf of a preheated oven (180C/350F/Gas mark 4) for 2 hours.



- After 2 hours take the tray out of the oven, check your meat (it should be almost coming of the bone). Take the meat of the tray, add the orzo in the sauce and stir well. Put the meat on top and put back in the oven for another 30 minutes. After those 30 minutes take the foil off stir the pasta and check that it is not stuck. If the pasta needs more cooking leave it in the oven for another 10 minutes, add water if the pasta is drying out.



- By now the meat should be tender and fall off the bone. If not, cover with foil and cook for another 15 minutes.

RESULT



Best accompanied with Maroulosalata (Lettuce and spring onion salad)

INGREDIENTS

- 1 Lettuce or 2 baby gem
- 1 Bunch spring onions
- Fresh dill
- Juice of one lemon
- 50ml Olive oil
- Salt & Pepper



METHOD

- Wash lettuce and spring onions well
- Chop the lettuce, the onions and the dill
- In a bowl add the lettuce, onions and dill, drizzle the olive oil and add the juice of the lemon
- Season to taste and stir.



