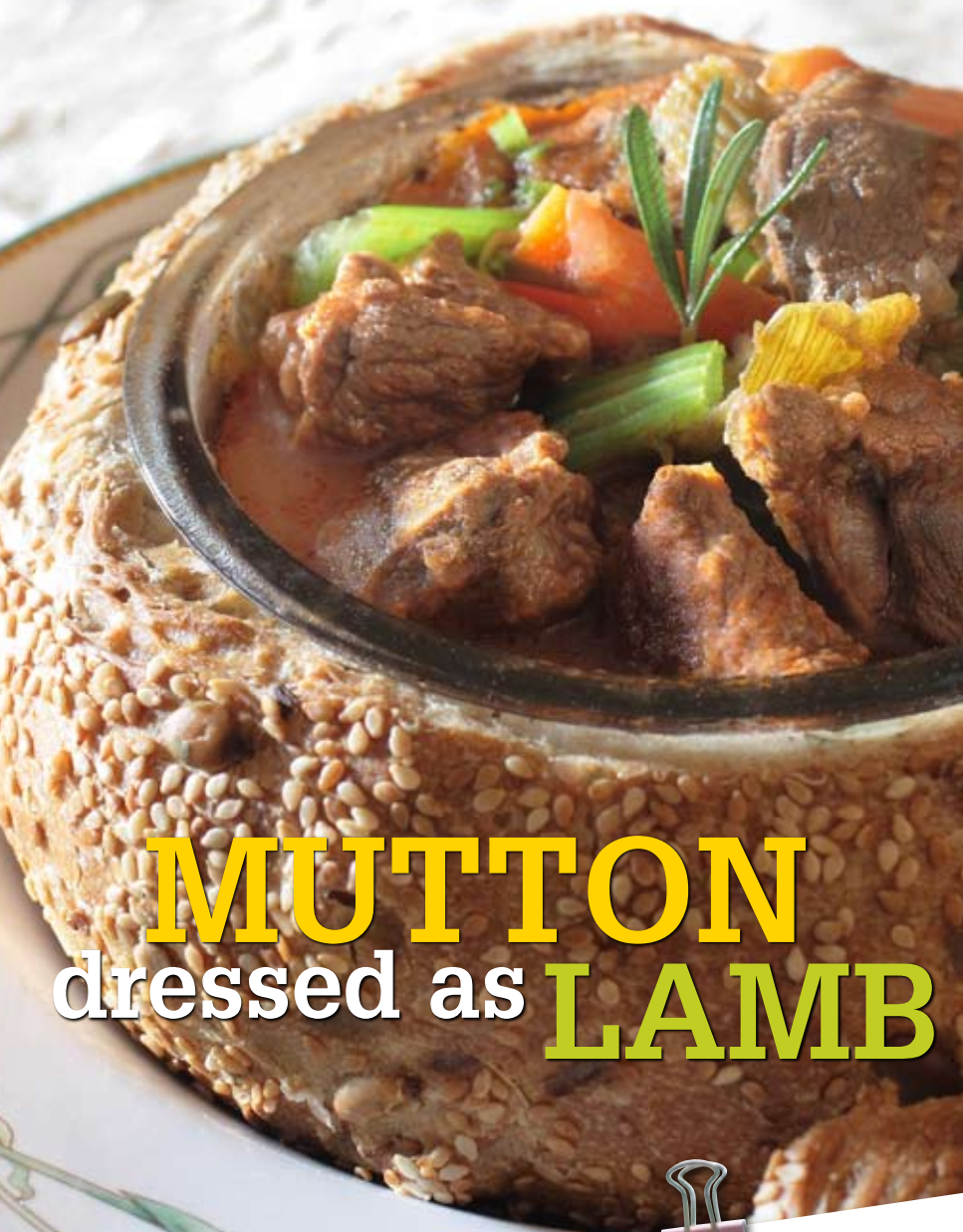


It used to be hard to find mutton in neighborhood supermarkets but now with frozen mutton easily available, you can turn out a mutton dish anytime you feel like it. Ditto for lamb chops and rack of lamb.



MUTTON dressed as LAMB

MUTTON STEW

Prep : 20 mins
Cook : 2 hours
Serves : 6

- 3 tbsps cooking oil
- 2 large onions, cubed
- 5 garlic cloves, chopped
- 500 g carrots, washed but unpeeled, cubed
- 500 g celery, cut into 2 cm pieces
- 5 sprigs fresh rosemary, left whole
- 1 kg mutton cubes
- 375 g red cooking wine or sherry
- 200 g tomato paste
- 4 litres water
- Salt and freshly ground black pepper
- 4 medium potatoes, scrubbed and cubed

METHOD

- 1 In a thick bottomed pot, heat the oil and saute the onions, garlic, carrots, celery and fresh rosemary, and cook until the onions are translucent.
- 2 Add the mutton and stir until all sides of the meat have browned. Add the remaining ingredients except potatoes.
- 3 Reduce the heat and simmer for 1 – 2 hours, occasionally checking to make sure the liquid doesn't evaporate too much, and adding water if necessary.
- 4 When the meat is beginning to become tender, add the potatoes. Season with salt and pepper. The stew is ready when the meat is very tender.
Serve with bread.



INDIAN STYLE MUTTON SOUP

Prep : 15 mins
Cook : 1½ hours
Serves : 8

- 80 g garlic cloves
- 150 g shallots
- 80 g ginger
- 100 g green chillies
- 200 ml water
- 1 kg mutton ribs, trim off excess fat and chop into sizeable chunks
- 4 litres water
- 4 tbsps cooking oil
- 4 cm cinnamon stick
- 6 cloves
- 2 star anise
- 2 stalks lemon grass
- 4 thin slices galangal (langkuas)
- 5 pandan leaves, tied into a knot
- 40 g meat curry powder
- 2 tsps salt
- 80 g shallots, peeled and thinly sliced
- 150 ml cooking oil
- 1½ tbsps plain flour

METHOD

- 1 Blend the first five ingredients until smooth.
- 2 Put the blended ingredients, mutton ribs, water and lemon grass into a deep pot and boil for 20 minutes over medium heat.
- 3 Heat oil in a pot and fry the cinnamon stick, cloves, star anise, lemon grass and galangal until fragrant.
- 4 Transfer to the boiling mutton soup. Add the curry powder and pandan leaves. Boil till the mutton becomes tender. Top up with water if necessary.
- 5 Remove the lemon grass, galangal and pandan leaves and discard.
- 6 Heat 150 ml oil and fry the shallots till golden brown and crispy. Drain the fried shallots and spread on absorbent paper.
- 7 Take 2 tablespoons of the shallot oil and fry the flour over low heat until it turns light brown. Add a few ladlefuls of the soup stock, stirring to make it lump free.
- 8 Pour this 'roux' (browned flour paste) into the pot of soup to mix. Stir well until the soup is thick.
- 9 Garnish with chopped coriander leaves, fried onions and spring onions and serve with a sliced French loaf.

Rapid freezing retains meat nutrients, texture and flavor

Meat is rapidly frozen after slaughter at temperatures below -30°C to ensure freshness and retain quality. They are then packed in moisture and vapour proof materials to ensure quality and prevent flavour changes.

Thawing tips

- Thaw without opening the package to prevent contamination or dehydration.
- Thaw only as much as you need.
- For safety, thaw in the refrigerator or use the microwave oven.

Time required to thaw 500 g of frozen meat -
Refrigerator: Overnight
Microwave oven: 3-5 minutes

