

Lamb Stew with Seasonal Vegetables and Potato Gratin

(Serves 4/ 4人份)

Recipe by Chef Steve Tan 陈金发

Ingredients for Lamb Stew:

Lamb neck	1.0kg
Carrot	100g
Celery	100g
Leek	100g
Onion	100g
Garlic	2 Cloves
Bay Leaves	2 pieces
RoseMary	10g
Thyme	10g
Tomato Paste	2 tablespoons
Salt	As desired
Crushed Black Pepper	As desired
Dark Grape Juice	300g
Chicken Stock	500 ml



Method:

1. Cut the lamb into cubes. Put some oil into the pan. Sear the lamb until golden brown and then put aside.
2. Cut all the vegetables into cubes. Cook them in a pan until soft and then put in the tomato paste. Cook until oil seeps from the tomato paste. Lastly, put in all the herbs and dark grape juice.
3. Then put in the lamb in the chicken stock and seasonings. Cover with aluminum foil. Put the lamb into oven and cook them for 1½ hours at 150°C.

Ingredients for seasonal vegetables:

Carrot	One
Sugar Snap Peas	Six pieces
Celery	One piece

Method:

1. Boil the water in a small pot.
2. Cut the carrot into cubes and the celery into small pieces.
3. Add the carrot cubes, celery pieces and sugar snap peas into the pot. Boil until semi cooked.
4. Melt some butter in a pan. Add all the vegetables and sauté them. Lastly, put salt and pepper.
5. Add some chopped chives to finish.

Ingredients for potato gratin

Idaho Potato	Two
Double Cream	100g
Mince Garlic	5g
Pommary Mustard	½ teaspoon
Salt and Crushed Black Pepper	As desired

Method:

1. Slice the potato into thin pieces. Lay the potato pieces into the plate.
2. Mix cream, garlic, mustard and salt and crushed black pepper and pour into the potato.
3. Bake for 25 min at 150°C.

时蔬及烤马铃薯炖羔羊

供4人食用)

食谱由主厨陈金发提供

炖羔羊材料:

羔羊颈部1.0公斤
胡萝卜100克
芹菜100克
韭菜100克
洋葱100克
大蒜2片
月桂叶2片
迷迭香10克
百里香10克
番茄酱2汤匙
食盐适量
黑胡椒粉适量
黑葡萄汁300克
鸡汤500毫升



做法:

1. 把羔羊肉切成方块。把一些油放进平底锅里。锅里。 烧烤羔羊肉直到呈金黄色，然后放置一旁备用。
2. 把所有蔬菜成方块。放进平底锅里煮直至软，然后再加入番茄酱。煮直到油从番茄酱中渗出。最后，加入所有的中草药及黑葡萄汁。
3. 然后把羔羊肉放在鸡汤及调味料里。用铝箔包住。把羔羊肉放进摄氏150度以上的烘烤炉里，烘烤1个半小时。

时鲜蔬菜材料:

胡萝卜一条
糖荚豌豆六条
芹菜一棵

做法:

1. 把水在锅里烧滚。
2. 把胡萝卜切成方块，并把芹菜切成小块。
3. 把胡萝卜块、芹菜及糖荚豌豆放入锅中，煮到半熟。
4. 把一些牛油在平底锅里熔化。加入所有的蔬菜煎炒。最后，加入盐及胡椒。
5. 加上一些切碎的细香葱（或韭菜）即可。

烤马铃薯材料:

美国爱达荷州马铃薯两个
双霜奶油 (Double cream) 100克
剁碎大蒜5克
Pommary芥末半茶匙
盐及黑胡椒粉适量

做法:

1. 把马铃薯切成薄片。把马铃薯片放进盘子里。
2. 把奶油、大蒜、芥末、盐及黑胡椒粉混合，并倒进马铃薯片里。
3. 在摄氏150度上，烘烤25分钟。