

How to cook [Lamb Neck](#)

Preheat the oven to 160°C/140°C fan/325°F/Gas Mark 3.

Melt the butter in a small saucepan over a medium-low heat, then remove from the heat and set aside..

Spread the flour out on a large plate. Heat the oil in a deep casserole dish over a medium-high heat. Toss the neck portions in the flour, shake off any excess and add to the pot. Cook for 2-3 minutes each side, until well-browned.

Reduce the heat and arrange alternating layers of onions, lamb and potatoes, seasoning frequently.

Pour in stock or water to come about four-fifths of the way up the pot, add Worcestershire Sauce to taste (if using), then finish with a layer of potatoes. Brush with the melted butter and cook in the oven for 2-2½ hours until the meat is tender. If the potatoes begin to brown too much, cover with a lid or aluminium foil. Serve with pickled red cabbage and Worcestershire Sauce or Yorkshire Relish.

A nice way to cook lamb neck

Ingredients

2 tablespoons of vegetable oil
2 tablespoons of butter
1.5 kg lamb neck cut into 4-5 cm pieces
4 celery stalks chopped into chunks
2 carrots chopped into chunks
1 chopped onion
2 garlic cloves
6 tablespoons tomato purée
1 litre chicken stock
750 mls red wine
Handful of thyme sprigs
1/2 tin tomatoes
6 shallots
Optional - handful cherry tomatoes
Optional - handful pitted kalamata olives
Salt and pepper

Method

STEP 1

Preheat oven to 180 c. Season the lamb neck with salt and pepper, then heat the oil and butter in a large oven proof dish. Sear the lamb for 8-10 mins, turning as needed then transfer to a plate.

STEP 2

Add the celery, carrot and onion to the pot and cook for 10 minutes until golden. Reduce the heat then add the garlic and tomato paste and caramelise.

STEP 3

Add the wine and stock, bring to a simmer and add the lamb, tinned tomatoes and thyme. Bring to a simmer then cover and cook in oven for 2 1/2 hrs.

STEP 4

Remove lid and stir in shallots, then continue cooking for 1/2 hr.

STEP 5

Optional - remove from oven and add cherry tomatoes and olives. Replace lid and leave to stand for 5 minutes.