



Lamb with Okra

Serves 4

Preparation time: 10 minutes

Cooking time: approx 1.5 hours

- 1 tbsp olive oil
- 1 onion, chopped
- 3 tsp crushed garlic
- 750g diced lamb forequarter
- 1 red capsicum, diced
- 1/3 cup red wine (Shiraz)
- 1/3 cup stock
- 6-8 fresh or 3-4 dried bay leaves
- 125g okra pods (approx. 16)

Method

1. Heat a little of the oil on high in a deep-sided pan. Fry onion and garlic for 1-2 mins. Remove and put aside.
2. Heat a little more oil on high. Brown lamb in small batches, removing each batch before adding the next.
3. Reduce heat and return lamb and onion. Add capsicum, wine, stock and bay leaves. Cover and simmer for 1½-2 hours or until tender.
4. During last 20 mins of cooking, add okra (leaving whole). Season to taste.

Serving suggestion: Serve with rice and crusty bread. Garnish with olives.

Cook's tip: Okra can be substituted using sliced zucchini.