



LAMB DISHES

SPRING LAMB CASSEROLE

12 SMALL POTATOES PEELED
4 CARROT WASHED, SCRAPED AND CUT
PEAS
1 PINT OF BOILING BEEF/LAMB STOCK
8 LAMB CUTLETS
OIL TO FRY LAMB
FEW DROPS TOBASCO

FRY THE LAMB FOR 4/5 MINUTES
PUT VEG IN CASSAROLE DISH AND POUR OVER THE
BOILING STOCK

PLACE LAMB ON TOP AND SPRINKLE WITH TOBASCO
COVER WITH LID OR TINFOIL
BAKE FOR 30 MINS 350
GARNISH WITH CHOPPED HERBS

' DIG IN'

LAMB HOT POT

1LB BEST END MUTTON OR STEWING LAMB
1LB POTATOES, WASHED PEELED AND SLICED
THINLY
2 LARGE ONIONS PEELED AND THINLY SLICED
SALT AND PEPPER
HOT WATER
PARSLEY
BUTTER/MARGARINE

IN A CASSEROLE DISH LAYER THE POTATOES, ONIONS
AND LAMB, MAKING SURE YOU END UP WITH
POTATOES ON TOP HALF FILL THE CASSAROLE
DISH WITH BOILING
WATER, DOT THE TOP POTATOES WITH BUTTER/
MARGARINE, COVER AND BAKE FOR 1.5 HOURS. 20 MINS
BEFORE END OF COOKING TAKE LID OFF AND LET POTATOES BROWN.
SPRINKLE WITH PARSLEY VOILA

