

LAMB SHANK & BARLEY CASSEROLE WITH DILL OIL

This dish is great as a casserole but you can also serve it as a sturdy soup, thinned out with a little extra water or stock if desired.

You can also chop the celery, leek, turnip and carrot in the mixing bowl – cut into pieces, add to mixing bowl and chop for a few secs on **speed 5** – but sometimes I enjoy a little meditative chopping.



Serves: 6-8 as a main

Time: 2 hours



INGREDIENTS

1000 grams (35 oz) water
2 lamb shanks (approx. 300 grams (10.5 oz) each)
3 sticks celery, cut into 1 cm (¼ inch) dice
1 leek, white and light green part only, cut in half length ways then into ½ cm (⅛ inch) half moons (semi-circles)
1 medium turnip, peeled and cut into 1 cm (¼ inch) dice
200 grams (7 oz) carrots, peeled and cut into 1 cm (¼ inch) dice
150 grams (5.2 oz) pearl barley
1 tsp flaked salt
4 stalks kale or silverbeet, roughly torn from stem
100 grams (3.5 oz) peas, frozen are fine
pepper, to taste
mint, chopped (to garnish)
celery leaves (to garnish)



METHOD

1. Place water into mixing bowl and lamb shanks into Varoma. Set Varoma into position and steam for **40 min/Varoma/speed 1**. Remove Varoma and set aside.
2. Place celery, leek, turnip, carrot, barley and salt into mixing bowl.
3. Add extra water, if necessary, to ensure vegetables are submerged.
4. Return lamb shanks in Varoma to position and cook for **30 min/100°C (212°F)/Reverse/speed 1**. Carefully transfer lamb shanks to a chopping board and use a knife to cut meat from bones, removing any cartilage.
5. Dice meat into a similar size as the veggies and add it to the soup. Cook for **25 min/100°C (212°F)/Reverse/speed 1**, or until lamb and barley are tender.
6. Add kale or silverbeet and peas and season with pepper to taste. Cook for **5 min/100°C (212°F)/Reverse/speed 1**.

Scatter with mint and celery leaves and drizzle over dill oil to serve.

Variation

- Lamb and peas are old friends but you can replace peas with broccoli.



DILL OIL

Makes: around 260 grams



INGREDIENTS

12 sprigs fresh dill, leaves only (approx. 60 grams (2 oz))
200 grams (7 oz) grapeseed oil (or another neutral oil such as light olive oil)



METHOD

1. Place dill and oil into mixing bowl and cook **6 min/50°C (120°F)/speed 6**, then blend **1 min/speed 10**.
2. Line simmering basket with two layers of paper towel and place over a bowl. Transfer dill mixture into simmering basket and allow to drain. Discard solids and transfer oil into a sealable jar or container and place into refrigerator until ready to use.

Tip

- Oil will keep for 2 weeks in the fridge.

LAMB SHANK & BARLEY CASSEROLE



Serves: 6-8 as a main



SHOPPING LIST:

- Lamb shanks (approx. 300 grams / 10.5 oz each) (2)
- Sticks celery (3)
- Leek (1)
- Turnip, medium (1)
- Carrots (200 grams / 7 oz)
- Pearl barley (150 grams / 5.2 oz)
- Flaked salt (1 tsp)
- Kale or silverbeet stalks (4)
- Peas (100 grams / 3.5 oz)
- Pepper
- Dill sprigs (approx. 60 grams / 2.1 oz) (12)
- Grapeseed oil (200 grams / 7 oz)
- Mint (garnish)
- Celery leaves (garnish)



NOTES & TIPS: