



I moved a couple of weeks ago. And of course in the process I cleared out the fridge freezer. I discovered frozen lamb chops in the freezer, when I bought them, why I froze them, who knows. Maybe they were a present from the forget-me-not food fairy. I also found an unfinished bottle of red wine in the fridge. I don't know how wine bottles manage to blend in with the rest of the stuff in the fridge so well. I stopper the bottle and then it just *disappears* until I notice it about a month later when it is totally unusable. This particular wine bottle had only managed to evade notice for about a week or so, I believe, so while it definitely wasn't drinkable it was still good for stewing.

One of the first savoury recipes I ever used was Delia Smith's Boeuf en daube and the reason I made it was because the bottle of wine we had was undrinkable so I added a load of maple syrup to it (the only addition I made to the recipe) and made Boeuf on daube. And it was lovely. I've never made it since. But as I went through my fridge and found the usual suspects; carrots, onions, celery, overripe tomatoes and mushrooms that were a day away from needing to be thrown out, I decided it was time to find a use for my leftover wine.

Now this is a much more thrown together sort of recipe than the Boeuf en daube and you could add whatever root vegetables you have in the fridge that you want to use up in with it. Oh, and when I made this the gravy was actually a slightly mauve-grey-brown colour. The camera didn't pick it up but if I was making this for people I'd definitely add in a couple of tablespoons of tomato purée simply for the colour.



How I make Lamb Leftovers Stew is

Ingredients:

Serves 4

- 4 - 6 frozen lamb chops
- 1/3 bottle red wine
- 2 tbsp herbes de Provence mix
- 3 carrots, chopped roughly
- 2 onions, chopped roughly
- 3 celery sticks, chopped roughly,
- 2 large tomatoes, quartered
- 8 mushroom caps
- 1/2 pint vegetable stock
- 2 tbsp heaped plain flour
- 30g butter
- 2 tbsp runny honey
- salt & pepper to taste

Instructions:

1. Put the frozen chops in a tub or bowl you can cover. Sprinkle over one tablespoon of the herbes de Provence and pour over the wine. Add the carrots, onion and celerly. Mix around gently but make sure that the chops stay covered by the wine. Cover and leave overnight. *Probably you should leave it in the fridge. I didn't and it was perfectly fine but probably best to leave it in the fridge.*

2. The next day, pre-heat the oven to Gas Mark 1/ 275°F/ 140°C, and heat some oil in a casserole, or some dish you can use on the cooker top and then transfer to the oven.

3. With a slotted spoon, remove the chops from the marinade and sear them in the hot oil, till they are browned.

4. Reduce the heat and add in the vegetables. Don't add in the liquid just yet.

5. Stir in one tablespoon of the flour. Stir it around for a couple of minutes so that it is well cooked but don't let it burn.

6. Now stir in the liquid marinade and runny honey.

7. Next stir in the vegetable stock, one tablespoon of herbes de Provence and a good pinch of salt and pepper.

8. Bring to simmering point, cover with a piece of foil (*don't know if the foil is necessary it's in the Boeuf en daube recipe*) and a tight-fitting lid, then place the pot in the centre of the oven and cook slowly for 2 hours.

9. When it's ready, work the remaining flour and butter into a paste, remove the casserole from the oven. With a slotted spoon remove the lamb and veg to a serving dish.

10. Now add the flour/butter paste to the sauce in the casserole, place on a medium to high heat on the cooker top and reduce down to a nice gravy consistency. Taste and season as necessary. If you are not happy with the colour, add in a tablespoon or two of tomato purée.

11. Pour over the lamb and serve with mashed potatoes or rice.