



RECIPE OF THE WEEK: 27/04/2020

KLEFTIKO

(BAKED LAMB WITH OREGANO)

Serves 4

This is a traditional Greek classic made with lamb shanks or meat pieces from the shoulder of lamb with the bone left in. Kleftiko is slow-cooked with herbs until it literally falls off the bone developing a meltingly tender texture and fragrant flavours.

INGREDIENTS

60ml extra virgin olive oil

Juice of 1 lemon

4 pieces of lamb approximately 500g each from the shoulder or leg of lamb, with the bone left in, trimmed of all the fat.

4 garlic cloves, peeled and cut into thin slivers

2 tsp cinnamon

2 tsp dried oregano

A small handful of fresh oregano coarsely chopped

4 bay leaves

125ml red wine

Sea salt and freshly ground black pepper

Preheat the oven to 220oC/ Gas 7

Mix the olive oil and lemon juice in a small saucepan and brush all over the lamb pieces.

With a sharp knife make 4- 5 small slits on both sides on every piece of Kleftiko and insert slivers of garlic into every slit.

Sprinkle half a teaspoon of cinnamon and a half a teaspoon of oregano and a quarter of the chopped fresh oregano on both sides of the lamb pieces. Season well and place a bay leaf on top of each piece.

Wrap the Kleftiko pieces loosely in foil and fold to make a parcel.

Place in a small tray, fill with hot water 1/3 of the way up. Pour the wine in and place the tray in the oven.

Bake for half an hour, turn the Kleftiko pieces over, turn the oven down to 160oC/ Gas 3 and bake for a further 2 hours and 30 minutes or until the lamb is golden brown and tender and almost falls off the bone.

Serve with roast or boiled potatoes and a Greek salad.

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