



RECIPE OF THE WEEK: 07/02/2022

Arnaki Me Fasolia (Lamb with Haricot Beans)

This is a traditional and healthy dish, which fills the kitchen with aromas. It is very delicious and filling and will satisfy the whole family, especially when served as Sunday lunch.

The beans are a good source of protein and are associated with various health benefits. They are a nutritional powerhouse, packed with fibre, Vitamin B6, folate, magnesium, zinc and iron.

Ingredients (Serves 4)

2 lamb shanks, about 500g each or lamb shoulder, cut into large pieces, approximately 10cm each
3 tbsp plain flour
4 tbsp olive oil
2 medium onions, finely chopped
2 garlic cloves, finely chopped
2 celery sticks, sliced diagonally
2 carrots, sliced diagonally
leaves from 4 fresh rosemary sprigs, finely chopped
a small bunch of dill, finely chopped
2 bay leaves
175ml dry white wine
2 tbsp tomato puree, diluted in 450ml hot water or 350ml passata
250g dried haricot beans, soaked in water for at least 8 hours or over night
150ml hot water
sea salt and freshly ground black pepper



Method

1. Pre-heat the oven to 200°C/180°C fan/gas 6.
2. Season the lamb shanks or lamb pieces all over and coat them lightly in flour.
3. Over a high heat, cook the oil in a large heavy based casserole or clay pot and fry the meat on all sides for 5-6 minutes until golden brown. Lift them out with a slotted spoon and set aside.
4. Add the onion in the casserole or clay pot and fry gently for 3-4 minutes until light golden. Stir in the garlic, celery, carrots, rosemary, dill and bay leaves.
5. Transfer the lamb to the casserole or clay pot and pour the wine slowly over it and stir in the diluted tomato puree. Drain the soaked beans and add them to the pan and stir to mix well. Season with freshly ground black pepper.
6. Transfer the casserole or clay pot into the oven and bake, covered, for 40-45 minutes. Add the hot water and salt to taste. Lower the heat to 160°C/140°C fan/gas 3 and cook for a further hour or until the lamb is tender and the beans are well cooked.
7. Serve with crusty bread and a crispy salad.