

YOUVETSI

A braised lamb tomato and pasta feast



LAMB

1,5 kg (bone-in) 1kg (boneless)

Lamb shoulder [use either a deboned shoulder and cut into large cubes or for more flavour leave the meat on the bone and cook as a braised large cut]

1 tablespoon Vinegar

2 cloves Garlic, peeled and cut in half lengthwise

2 tablespoons Tomato paste

5 tablespoons Olive oil

500 g Tomatoes or 1 400g tin, peeled and coarsely chopped

1 tablespoon Dried oregano

4 sprigs Fresh Thyme

1 teaspoon Salt

½ teaspoon Black pepper, coarsely ground

225 g Orzo pasta (rice shaped pasta)

5 cups Lamb/chicken stock

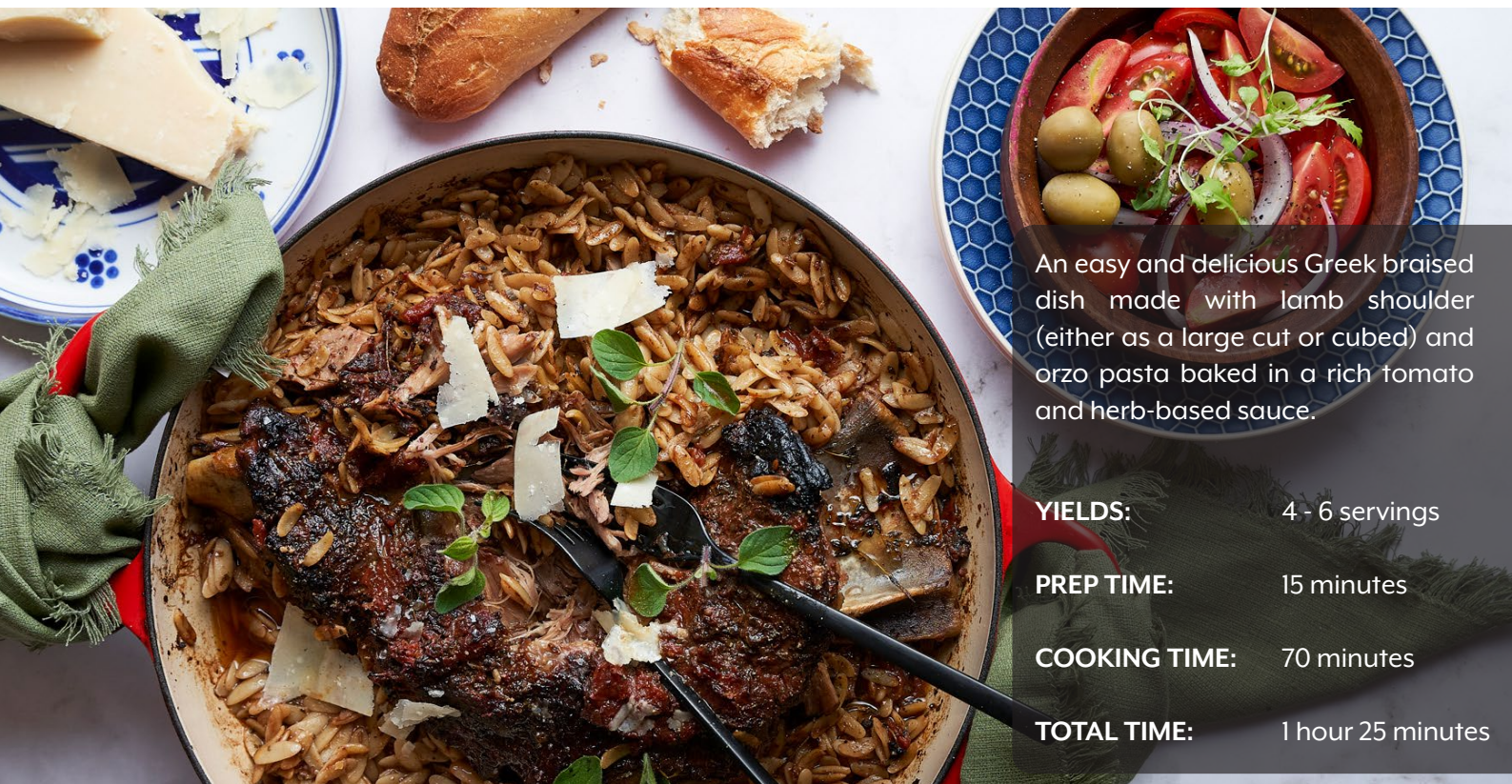
½ cup Pecorino cheese, finely grated



Prepare the lamb:

1. Preheat the Instant Vortex Plus VersaZone air Fryer. Select the Roast program and adjust the time setting to 30 minutes.
2. Wipe the meat with vinegar and place it in the center of a baking dish (20 cm X 30 cm) that will fit into the Air Fryer when using the large single zone.
3. Make deep slits in the meat and insert the sliced garlic. Rub with tomato paste. Pour the olive oil over the meat. Pour the chopped tomatoes over, sprinkle with oregano, salt and pepper and place the thyme in the baking dish.
4. Place in Air Fryer and cook for 30 minutes, basting it from time to time. At the end of the 30 minutes, remove the meat from the Air Fryer, take the meat out and turn it around on its uncooked side. Change the setting of the Air Fryer to bake and adjust the time setting to 20 minutes.
5. Add 500 ml of hot stock, the pasta and if required more seasoning. Stir the pasta into the meat sauce and return to the Air Fryer and cook for another 20 minutes.
6. Take the meat out halfway, stir the pasta and if it looks too dry add a bit more liquid.
7. Serve with shaved pecorino cheese and seasonal green vegetables.

Recipes by Prof du Rand // Photographs by Michelle Parkin



An easy and delicious Greek braised dish made with lamb shoulder (either as a large cut or cubed) and orzo pasta baked in a rich tomato and herb-based sauce.

YIELDS: 4 - 6 servings

PREP TIME: 15 minutes

COOKING TIME: 70 minutes

TOTAL TIME: 1 hour 25 minutes