



Cooking with #Lambassador...

Chef Naledi's #cookingwithlamb philosophy:

"For me, cooking is a way of expressing love to those you prepare the food for. There's nothing truer than the saying 'love is the secret ingredient in all dishes'. It's always great to see people smiling, laughing and chatting while enjoying your food. My mother always said that one can taste when food wasn't cooked with love. This is so true."

"Lamb has always been a part of our celebrations and family gatherings. As my love for cooking grew, I started experimenting with more cuts of lamb. My favourite being lamb tails with rib chops short on its tail."



Chef Naledi



Plum Lamb Tails

INGREDIENTS

- 10 lamb tails
- 2 cups vegetable stock
- 1 sprig fresh rosemary
- Small bunch fresh thyme
- 1Tbsp crushed garlic and ginger

- 4 Tbsp soy sauce
- 1/2 cup plum sauce or finely chopped prunes
- 1 small lime
- Micro herbs for garnish

METHOD

1. Boil the lamb tails in vegetable stock in a large saucepan. Add the fresh herbs and crushed garlic and ginger to the stock. Cook for approximately 1 hour or until the tails are tender.
2. Once all the water has reduced, add the plum sauce and soy sauce. Sauté in the natural lamb fat for 5 minutes.
3. Remove from heat and place on a platter. You may brush the remaining sauce in the sauce pan on the lamb tails for a shinier and more juicy finish. Squeeze the lime juice of half a lime. Cut the other half into quarters and garnish with them.
4. Sprinkle fresh micro herbs as garnish.

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