

Main course for 4
Preparation time: approx. 25 min.
Braising time: approx. 90 min.
Energy per serving: approx. 1,597 kJ / 382 kcal



LAMB WITH SPIRIT

	Oil for frying
500 g	lamb ragout meat (e.g. shoulder)
¾ tsp	salt
A little	pepper
4	garlic cloves
½	leek
400 g	carrots
1½ dl	white wine
1 dl	meat stock
¾ dl	Appenzeller Alpenbitter
500 g	waxy potatoes
1	sprig of rosemary
¾ tsp	salt
A little	pepper



Preparation

Heat oil in roasting pan, brown meat in portions for approx. 5 min. each time, remove, season. Slice garlic cloves lengthwise into sticks, cut leek into four lengthwise, halve carrots lengthwise. Cut leek and carrots into approx. 4 cm pieces.

Dab away any excess cooking fat, add a little oil, sauté vegetables, add wine, stock and Appenzeller Alpenbitter and bring to the boil. Reduce heat, return meat to pan, cover and simmer on a low heat for approx. 1¼ hrs. Cut potatoes into cubes approx. 2 cm in size, add to mixture together with rosemary, simmer for another 15 min. or so until done, season.