

A Taste of Mourne



Slow-cooked Mourne Lamb with Pearl Barley, Vegetable & Roast Garlic Hot Pot

Recipe created by Barry Smyth for Mourne Heritage Trust to encourage and promote the use of Mourne produce



Ingredients (Serves 2)

2 lamb shanks (excess fat removed)	1 sprig fresh thyme
100ml olive oil	1 sprig fresh rosemary
10 young carrots or 4 large carrots, (- peeled and cut into 3cm chunks)	1 tbsp tomato puree
6 shallots peeled	1 tbsp plain flour
2 onions peeled and finely diced	150ml red wine
2 sticks celery (washed and cut into 3cm chunks)	700ml chicken stock
15g butter	4 large vine ripe tomatoes
6 cloves garlic (peeled)	50g pearl barley
	sea salt and black pepper

Method

- Pre heat an oven to 170°C
- In a thick bottomed pan, heat the vegetable oil, season the lamb well with salt and pepper and brown on all sides.
- Remove the lamb from the pan and set aside. Add the butter to the pot and melt, stir in the carrot and celery and brown slightly. Split the garlic cloves lengthways and add in with the thyme and rosemary and continue browning for a further 2 minutes. Add the onion and shallot and season well with salt and pepper.
- When all vegetables are well coloured, reduce the heat and stir in the tomato puree, then the flour. Mix well and pour in the red wine, stock and tomatoes
- Bring to the boil and skim off any scum or fat which forms on top.
- Add the pearl barley and lamb to the hot pot mix, cover with a lid and cook in the oven for 2 ½ hours. When cooked, serve one lamb shank per portion wait a few spoonfuls of the vegetable and barley hotpot.

Barry is the former chef/proprietor of the Oriel Restaurant in Gilford Co Down which won many awards including a coveted Michelin Star and was rated as one of the top ten restaurants in UK and Ireland in the 2005 Egon Ronay guide. Barry is a keen advocate of local regional and seasonal foods and member of the slow food movement.