KALI OREXI

sharing our Greek culinary heritage

Vasiliki's Flat Beans with Lamb

For the flat beans with lamb

800g lamb shoulder, deboned

800g flat beans

2 medium brown onions, chopped

1 clove garlic, crushed

Salt and pepper

1 teaspoon dried chillies

2 level tablespoons tomato paste

1 cup tomato puree

1 bunch parsley, finely chopped

½ cup extra virgin olive oil

Water

Preparing the ingredients

Wash the flat beans. Top and tail the ends. Cut the beans in half width-wise and for the wider beans, length-wise as well. Set aside.

Wash the lamb and pat it dry. Trim off the excess fat. Chop the lamb into pieces of roughly 6cm thickness and set aside.

Cooking the flat beans with lamb

Heat the olive oil in a large (approximately 5 litre) pot over a high flame. Add the lamb pieces and sear them on both sides. Add the onions and garlic and fry them until they soften and brown a little. Gently stir the ingredients to prevent them from sticking to the pot.

Add the remaining ingredients to the pot in the following order, gently mixing with each addition: flat beans, salt, pepper, dried chillies, tomato paste, tomato puree, parsley and enough water to totally immerse the ingredients in the pot.

Keep the pot on a high flame until the fluids come to a gentle boil. Then reduce the heat to a low flame, place the lid over the pot either slightly ajar or with the vent hole open and gently cook for 1½ – 2 hours. After the first hour of cooking, check the fluid level in the pot. If the fluid level is low, add more boiled water to allow the dish to cook a little longer. After 1½ – 2 hours of cooking, all of the fluid within the pot should have cooked off, the meat should fall apart easily and the beans should be soft. If the ingredients have cooked through but there is excess fluid, turn up the flame, remove the lid from the pot and continue to cook until the fluids have completely reduced.

Serving the flat beans with lamb

Flat beans with lamb are best served warm, with feta cheese and crusty bread to soak up the delicious sauce.

Recipe serves 6.