



*sharing our Greek culinary heritage*

## *Foti's Lamb Fricassee*

*For the Lamb Fricassee you will need...*

125g butter  
3 tablespoons extra virgin olive oil (EVOO)  
2 medium onions  
1-2 garlic cloves  
2kg lamb leg (with bone), cut into 8 pieces  
3 teaspoons salt  
2 teaspoons pepper  
Small bunch parsley  
Small bunch dill  
1.5 litres boiled water  
2-3 bunches of endives

### *Preparing the Lamb Fricassee*

- Wash and dry the lamb pieces (optional)
- Melt the butter with the EVOO in a large, heavy-based pot on medium to high heat
- Finely chop the onions; add them to the pot and sauté them until they are translucent
- Add the garlic and sauté briefly
- Place the lamb pieces in a single layer in the pot and brown them on one side before turning them over to brown on the other side
- Season with salt and pepper
- Add the parsley and dill that has been prepared by discarding the coarse stalks at the base of the bunches (but keeping the remainder of the stalks), washing them thoroughly and chopping them finely
- Gently mix through the herbs
- Add the boiled water to the pot and gently mix the ingredients

- Bring the pot to a boil and then immediately reduce it to a simmer
- Place an unvented lid on the pot and continue to simmer for 1.5 hours
- Occasionally check on the pot and make sure the meat is covered by the stock. If it isn't, add more boiled water to cover the meat

### *Preparing and adding the endives*

- While the pot is simmering, sort and prepare the endives by cutting and discarding the bases of the endive bunches; removing and discarding any spoiled shoots; and washing the good shoots in a water bath three times or until the water runs clean
- When the lamb fricassée has been simmering for 1.5 hours, add the endives, gently pushing them in so that they are immersed in the stock
- Cook them for 10 minutes or until they have just softened, but still have a little body
- Check the endives occasionally and push them into the stock during this time

### *For the egg-lemon wash (avgolemono) you will need...*

3 eggs

3 lemons, juiced

150ml warm stock from the pot

### *Preparing and adding the egg-lemon wash*

- While the endives are cooking in the pot, prepare the egg-lemon wash
- Separate the egg yolks from the whites
- Beat the egg whites till they form soft peaks (approximately 5 minutes)
- Gently fold in the egg yolks
- Gently mix in the lemon juice and warm stock to create the egg-lemon wash
- Slowly add the egg-lemon wash into the pot of lamb fricassée and very gently mix it through, being careful not to break the lamb apart

### *Serving the Lamb Fricassee*

- Ladle some lamb, endives and stock into shallow soup dishes
- Serve with crusty bread and enjoy!
- Recipe serves 6-8

## *Key Points*

- You can use lamb or veal shanks in place of the lamb leg pieces
- You can use any greens you like for this dish - silverbeet, English spinach, cos lettuce or even kale. It's important not to overcook the greens and turn them into mush or disintegrated nothingness. Know your greens and how little or how much cooking they need to give a good mouth-feel and not be under or overcooked
- If you prefer, you can add the parsley and dill when you add the greens. The herbs will add a brighter, fresher flavour to the dish if they are cooked for less time
- It is very important for the stock to cool sufficiently before you add it to the egg-lemon wash. If it's too hot, it will scramble the eggs when you add it