

Greek-Style Lamb and Egg Braise



Preparation time:	90 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Dinner Recipes

This traditional Greek-style lamb and egg braise is a delicious dinner or Sunday lunch. The braise method allows for the lamb to marinate in the liquid while retaining all of its delightful flavours while the eggs contrast the taste of the meat to add balance to the meal.



Ingredients

- 2 tbsp plain flour
- Salt & pepper to taste
- 1kg diced lamb
- 25g butter
- 1 tbsp olive oil
- 1 medium onion, finely sliced
- 2 cloves garlic, crushed
- 2 tsp fresh sage leaves
- 1 bay leaf

- 3/4 cup dry white wine (optional)
- 2 lemons
- 2 eggs
- Fresh parsley, finely chopped
- 2 extra eggs, hard-boiled

Method

1. Preheat oven to 150°C.
2. Dust diced lamb with flour, salt and pepper. Heat a large oven proof pan, add the butter and oil. Add the lamb and brown over a high heat and then set the lamb aside.
3. While you allow the lamb to rest, in the same pan, gently cook the onion and garlic until soft. Add the sage, bay leaf and wine and bring to the boil. Add the lamb back to the pan and mix well. Cover and place in the oven and cook for 1 hour or until lamb is tender.
4. Finely grate the zest of the lemons and squeeze the juice. In a bowl beat together the zest, juice and eggs.
5. When lamb is tender remove from oven. Add 1/4 cup of hot gravy to the lemon and egg mixture and mix gently, then quickly whisk the mixture into the lamb braise. Place the pan over moderate heat and allow sauce to slightly thicken. Sprinkle with mixed herbs and serve with boiled egg wedges and mash of your choice.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
386g	2330kj 557kcal	60.9g	30g	11.1g	7.5g	3.3g	300mg	3.1g

All nutrition values are per serve.