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by Liz Robb

A satisfying casserole of tender pieces of lean lamb in a rich tomato sauce, with

the flavour of North African spices, topped with a herbed crumb and feta cheese.

Ingredients

2 large onions
2 red peppers
2 aubergines
3 fat cloves of garlic
1 green chilli
550-600g lean lamb leg
2 tablespoons of plain flour
Salt and black pepper
Olive oil
4 teaspoons of Harissa paste
4 teaspoons of red ras-el-hanout
1 tablespoon of tomato puree
Half a teaspoon of sugar
400g can of chopped tomatoes
400ml of lamb stock
100g day old wholemeal bread
Fresh coriander
Fresh mint
200g feta cheese

Servings
6
Person

Preparation

1. Preheat the oven to 190 degrees, 170 degrees fan oven.
2. Prepare the vegetables. Peel and slice the onions, deseed and chop the peppers and cut the aubergines into bite sized pieces, not too small. Deseed the chilli, peel the garlic and finely chop both. .
3. Trim any remaining fat from the meat and cut into bite sized pieces, not too small.
4. Sieve the flour into a large bowl and season well with salt and black pepper. Toss the lamb pieces to coat them in flour.
5. In a large frying pan, heat 1-2 tablespoons of olive oil and brown the lamb, cooking the pieces for a few minutes on each side. You may need to do this in 2 batches, adding a little more olive oil. Remove from the heat.
6. Meanwhile, heat a tablespoon of olive oil in a large pan and gently saute the onions for 3 minutes. Add the peppers, garlic and chilli and saute for 2 minutes.
7. Stir in the aubergine, Harissa paste, ras-el-hanout and tomato puree and cook gently, stirring, for a further 2-3 minutes.
8. Add the browned lamb, chopped tomatoes and sugar. Use the lamb stock to deglaze the lamb pan and then stir that in too, bringing it to a simmer. Transfer everything into a large casserole dish, cover and bake for 2 hours.
9. Meanwhile, grind the bread into breadcrumbs. Add a handful of chopped coriander leaves and another of mint leaves and grind to make a herbed crumb. Crumble the feta cheese and mix it in.

10 Turn the oven up to 200 degrees, 180 degrees fan oven. Remove the lid and thickly sprinkle on the bread, herb and feta topping. Bake for 25-30 minutes, or until the meat is soft and falling apart and the topping is golden brown.

Cooks Note

Serve with couscous, and a bowl of extra thick Greek yoghurt, sprinkled with chopped coriander, on the side.