

CHEESY HERB MASH & LAMB KNUCKLES



Serving: 4 - 6

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 45 ml olive oil

- 750 g lamb knuckles, cut into slices
- 1 medium onion, sliced
- 2 cloves garlic, crushed
- 375 ml meat stock
- 30 ml chopped fresh thyme or 10 ml dried
- salt and freshly ground black pepper to taste
- 125 g button mushrooms, halved
- 60 ml sour cream
- 15 ml cake flour
- **MASH:**
- 4 potatoes, peeled and cubed
- 1 clove garlic, crushed
- About 30 ml warm milk
- 45 ml butter or margarine
- 15 ml chopped fresh mint
- 15 ml chopped fresh coriander
- 60 ml grated Cheddar cheese
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

1. Heat oil in a heavy-based saucepan and fry lamb until golden brown.
2. Add onion and garlic and sauté for about 2 minutes until soft.
3. Add stock, thyme and seasoning and simmer for about 1½ hours.
4. Add mushrooms and sour cream and simmer further for about 5 minutes.
5. Thicken with flour and water if needed.

MASH

1. Boil potatoes until soft.
2. Mash and add remaining ingredients.
3. Serve warm with lamb.