

Red-cooked lamb

By

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Serves

4-6

‘Red-cooked’ is a traditional Chinese method of slow cooking. Soy sauce is the predominant flavouring ingredient, followed by sherry, ginger, garlic and onion. Pork, beef and poultry can all be used in this recipe.

Ingredients

Quantity	Ingredient
600g 1kg	shoulder of lamb, boned and cubed
	freshly ground black pepper
1 2 tablespoons	oil
½ 1	onion, chopped
½ 1	garlic clove, crushed
1½ 3 tablespoons	soy sauce
2 4 tablespoons	sherry
1 2 teaspoons	sugar
63ml 125ml	brown stock
2 slices	fresh ginger
2	bay leaves
1 2 teaspoons	cornflour, mixed to a thin paste with 1 tablespoon cold water
1½ 1	small red pepper, seeded and cut into strips
	salt

Method

1. Season meat well with salt and pepper. Heat oil in a wok or frying pan and brown meat on all sides. Remove to a flameproof casserole, then fry onion and garlic for 3 minutes. Drain and transfer to casserole.
2. Mix together soy sauce, sherry, sugar and stock. Pour over meat, mix well and add ginger and bay leaves. Simmer very gently for about 1½ hours or until meat is tender.
3. Just before serving stir in blended cornflour and continue simmering until thickened. Remove bay leaves. Serve garnished with red pepper and with a dish of boiled rice.

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