

Lamb Ragoût with Flageolets

This began as an idea from Rick Stein's *French Odyssey*. His recipe used shoulder of lamb with flageolet beans and tomatoes, along with some rosé wine and a bouquet garni of bay leaves and thyme. However, to me it seemed to be screaming out for mint, which pairs well with all three of those main ingredients, so this is my modification using lamb neck fillets. Given the mint, I thought the wine was superfluous, too.

Planning

serves:	4
prep time:	20 mins
cooking time:	90 mins

Ingredients

2 lamb neck fillets
3 tbs olive oil
2 large onions, chopped
4 cloves garlic, finely
chopped
500g vine tomatoes,
chopped
600ml homemade chicken or
lamb stock
2 cans flageolet beans,
drained
4 tbs chopped mint leaves
2 bay leaves
1 tbs plain flour
salt & pepper

Method

Split the lamb neck fillets in half lengthwise and cut them into 1.5cm chunks. Season the chunks of lamb before browning in 2 tbs of oil in a flameproof casserole. Put the lamb to one side and add the rest of the oil to the pan. Fry the onions until lightly golden then add the cloves of garlic and fry for another minute. Now add the chopped tomatoes and fry for a further two minutes. Stir in the flour and cook for 1-2 mins. Return the lamb to the pan and add enough stock to just cover the meat, stirring to blend with the flour. Add half the chopped mint, the bay leaves and about a teaspoon of sea salt with plenty of black pepper. Cover the pot and simmer for 1 hour when the lamb should be tender.

Add the drained flageolets and simmer uncovered for a further 10-15 mins until the beans have heated through. Finally add the remaining half of chopped mint for a fresh taste and adjust the seasoning.

(Rick suggests serving the original with tubetti pasta but I'd prefer some green vegetables or, at a push, ribbon noodles.)