

Mutton and Turnip Pie



MARK HIX
Chef Director, The Ivy

SERVES 4

Ingredients

1kg (2.2lb) neck fillet of mutton, cut into rough 2cm pieces
Plain flour for dusting
2 large onions, peeled and finely chopped
Vegetable oil for frying
A small sprig of rosemary
Salt & Freshly ground black pepper
1.5 litres (2½ pints) chicken or lamb stock
425g (1lb) turnips, peeled and cut into rough 2-3 cm chunks
350g (12oz) puff pastry, rolled to about 1cm (½ cm) thick
1 egg, beaten

The filling for this simple pie is slow-cooked to help the flavours of the mutton and the vegetables combine. Serve on a cold day with buttered cabbage, boiled potatoes or mashed swede and enjoy with a fruity red wine.

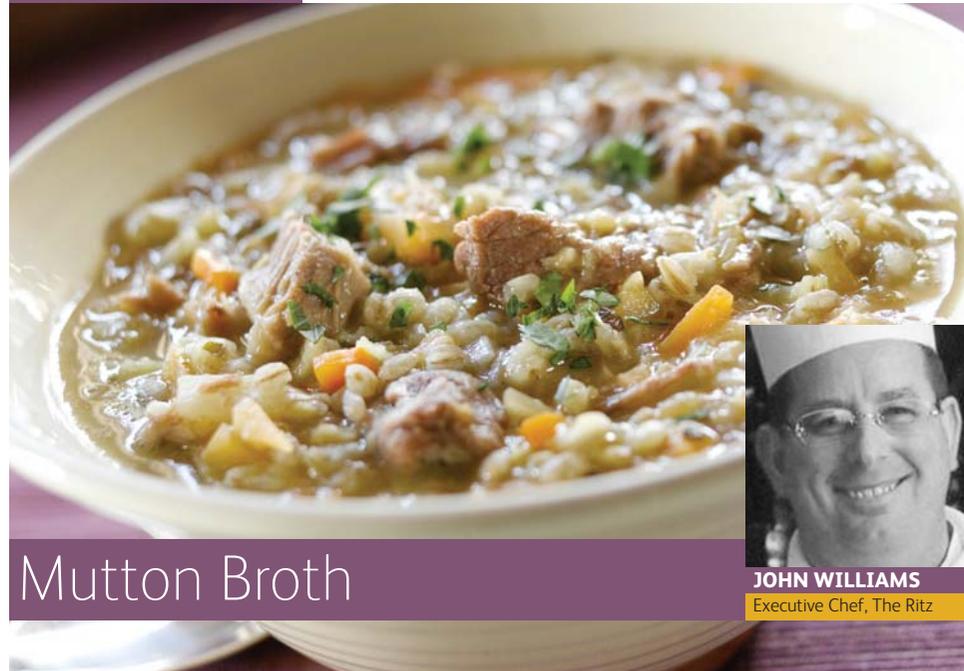
METHOD Pre-heat the oven to 200°C, Gas 6, 400°C.

1 Season the pieces of mutton and dust generously with about a tbsp or so of flour. **2** Heat the vegetable oil in a heavy-bottomed saucepan and fry the pieces of mutton and onions without colouring them too much, for 3-4 minutes. **3** Add the rosemary and stock, bring to the boil and simmer gently for about 1½ - 2 hours until the mutton is soft and tender. **4** Add the turnips. Cover with a lid and add a little boiled water if necessary. Simmer for about 15 minutes until the turnips are cooked. Remove from heat and leave to cool. **5** Meanwhile cut the pastry a little larger than the pie dish or dishes if you are making individual pies. **6** When the mutton mixture is cooled transfer it to your pie dish. **7** Brush the edges of the pastry with some egg and lay the pastry on the dish, pressing the edges onto the rim. **8** Cut a slit about 2-3cms (1") in the centre to let the steam out or for a larger pie use a pie funnel. **9** Bake the pie for 40-45 minutes until golden.

Ingredients

1kg (2.2lb) ½ leg of mutton with bone removed
3 litres (5 ¼ pints) fresh lamb stock or made with good quality cubes
225g (8oz) barley
175g (6oz) green and yellow split peas
1 large onion, finely chopped
1 leek, finely chopped
2 big carrots, finely chopped
3 small turnips, finely chopped
½ swede, finely chopped
2 celery stalks, finely chopped
Oil for frying
50g (2oz) chopped parsley to garnish

SERVES 6-8



Mutton Broth



JOHN WILLIAMS
Executive Chef, The Ritz

Like mutton, chunky home-made soups are gaining a new following. This recipe combines both trends in a warming broth ideal for chilly days. It requires some crusty bread and little else.

METHOD **1** Wash the pulses and soak overnight. **2** Place the mutton in a pan and cover with the stock. Cook for approximately 1½ hours or until the meat is tender. Top up the pan with water if necessary to ensure the meat remains covered. Skim off any crust that forms on the surface. **3** Remove meat from the stock and cut into chunks when it is cool enough to handle. **4** In another large pan heat a little oil and sweat off the finely chopped vegetables until soft then add the barley, split peas and the stock from the mutton pan. **5** Add the diced meat to the vegetables, adjust the seasoning and cook for a further 30 minutes. Finish with chopped parsley.

If you'd like to know more about mutton, remember it fondly from many years ago or would simply like to hear about other contemporary ways to cook this delicious meat, please write to us at the address below or visit www.eblex.org.uk/mutton or www.hccmpw.org.uk/mutton

The Mutton Renaissance

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Recipe photography by Mike Cooper. Home economist and styling Sumi Glass.



Share the new taste of Mutton



Five delicious recipes developed by some of the UK's best restaurant chefs to celebrate the Mutton Renaissance





The Mutton Renaissance is a new campaign that celebrates the delicious flavours and textures of this classic meat. Overlooked by a generation of food lovers, the unique taste found in mutton recipes is now regaining popularity as enthusiastic cooks seek out speciality and seasonal ingredients.

Typically the meat of a sheep over two years of age, mutton's intense flavour comes from a combination of the animal's diet, the environment in which it has lived and extended maturation. The UK's culinary experts have always known about good quality mutton and here five chefs have joined together to prepare recipes for you to cook and share at home.



Braised Mutton and Caper Cobbler



BRIAN J TURNER CBE
Chef, Brian Turner Mayfair

SERVES 6

For the Stew

- 1kg (2.2lb) diced leg of mutton
- 2 celery stalks, halved
- 3 medium carrots, peeled and cut in half
- ½ small swede, cut into 12 chunks
- 6 shallots, peeled
- 6 small turnips, scrubbed but not peeled
- 10 whole black peppercorns
- salt
- 1 sprig rosemary
- 1 sprig thyme
- 1 litre (1¾ pints) lamb stock made with 2 good quality stock cubes

For the Cobbler top

- 350g (12oz) self raising flour
- 100g (4oz) butter, diced
- 50g (2oz) capers, chopped
- 10g (½ oz) parsley, chopped
- 4 spring onions, finely chopped
- 30ml (2 tbsp) plain natural yoghurt mixed with 70ml (5 tbsp) cold water.

A hearty mid-week supper that's delicious served on its own or with some creamy mash to soak up the juices.

METHOD **1** Place the mutton in a large casserole or pan with the vegetables and herbs. **2** Add peppercorns and season with salt. **3** Bring to the boil and simmer gently for 1 hour. **4** To make the cobbler rub the fat and the flour together. **5** Stir in the capers, parsley, onions and pepper. **6** Add enough of the yoghurt and water mix to make a soft, pliable dough. **7** Roll dough to 2.5cm (1") thick and cut into 12 rounds or wedges. Place on top of the mutton. **8** Bake at 200°C, Gas 6, 400°F for 20-25 minutes or until the cobbler is golden brown.

This is one of the classic ways to cook mutton; the gentle poaching enables the meat to reach optimum tenderness. Wow your friends by serving it at a dinner party with some red cabbage and baby root veg.

Ingredients

- 2kg (4lb,6oz) ½ leg of mutton (bone-in)
- 4 large Spanish onions, peeled and sliced
- 2 generous tsp sea salt
- 4 bay leaves
- 5ml (1tsp) whole black peppercorns
- ¼ stick cinnamon
- zest of 1 orange
- 2 litres (3 ½ pints) light chicken stock
- 1 bottle (750ml) dry white wine
- 350g (12oz) unsalted butter
- 60 ml (4tbsp) finely chopped shallots
- 60 ml (4 tbsp) capers
- 600ml (1pt) double cream.

SERVES 6

METHOD

1 Place the mutton into a large saucepan and bury it in the sliced onions. Add the salt. Tie the bay leaves, peppercorns, cinnamon and orange zest in a piece of muslin and add this to the pan with half of the wine. **2** Cover with the chicken stock and bring to a gentle simmer. Skim off the crust that forms on the surface with a spoon. **3** Simmer gently for approximately 2 hours or until tender. **4** After 1 hour, take a saucepan and melt 150g (6oz) of the butter, add the shallots and capers and cook gently until softened then turn up the heat to lightly colour the shallots. **5** Add the rest of the wine and cook briskly until the liquid reduces by half. Draw off approximately 1 litre (2 pints) of the poaching liquor from the mutton pan and add it to the capers and shallots. Bring this to the boil and reduce by half. Add the double cream and bring back to the boil. Reduce the mixture further until you achieve a glossy cream gravy. Adjust seasoning and keep warm. **6** When the mutton is ready, transfer to a serving dish, cover and keep warm. Strain the poaching liquid from the onions but retain. **7** Heat a large frying pan and melt the remaining butter until foaming. Add the drained onions and fry briskly until they turn golden and have begun to caramelize. **8** Place some of the golden onions onto a plate and slice the mutton finely on top of it. Garnish with a ladling of the caper cream sauce. **Note:** The retained poaching liquid can be used to make a delicious soup.



Poached leg of Mutton with a Caper cream sauce



HENRY HARRIS
Chef/Patron, Racine



Braised Mutton Chops with Cider and Root Vegetables



MARTIN LAM
Chef & Partner, Ransome's Dock

SERVES 4

Ingredients

- 4 large loin or best end chops, trimmed of most of the fat
- 2 leeks sliced into 1cm (0.5") rounds
- 16 baby turnips
- 16 baby carrots
- 16 shallots
- 5ml (1 tsp) fresh picked thyme
- black pepper
- salt
- Oil for frying
- 450ml (¾ pint) dry cider
- 5ml (1 tsp) Demerara sugar
- 5ml (1 tsp) tomato puree
- 15ml (1 tbsp) shredded flat parsley

A great feast for four, this recipe is full of autumnal flavours. Try to find a dry cider made from a single variety of apple. Serve with a celeriac and potato puree and a glass of the cider.

METHOD

1 Heat a little oil in a frying pan and gently cook the leeks until lightly coloured and slightly soft. **2** Place leeks in a deep metal or earthenware casserole dish with tight fitting lid and set aside. **3** Now cook the shallots and the turnips in the frying pan until both are golden brown. Remove from the frying pan and keep to one side. **4** Dust the cutlets with plain flour. Gently seal the meat in the frying pan until well coloured. Do not burn the flour. **5** Place the cutlets on top of the leeks in the casserole dish. **6** Deglaze the frying pan with a splash of the cider. Add the tomato puree to this liquid, then the sugar to balance the acidity of the cider. Pour this liquid over the lamb. **7** Season well with salt and pepper and enough cider to just cover the cutlets. **8** Cover and cook in a medium oven for 30 minutes, then add the turnips, shallots and carrots and cook for a further 30-40 minutes. **9** Skim any fat off the remaining liquid, check the vegetables are cooked sufficiently, and adjust seasoning. Stir in the parsley.