KALI OREXI

sharing our Greek culinary heritage

Lamb Neck with Trahana

You will need...

1kg lamb necks, cut into 6-8 large rounds

½ cup extra virgin olive oil, EVOO

2 medium brown onions, diced

4-5 garlic cloves, minced

300ml passata

1 tablespoon salt

2 teaspoons cracked black pepper

2L water

250g sweet trahana

Chilli flakes, optional

Preparing the Lamb Neck with Trahana

- In a large pot, sear and brown the lamb neck rounds on both sides, on medium-high heat, and then set aside
- Add the EVOO and the brown onions to the pot and sauté till translucent
- Add the garlic and chilli flakes and cook through briefly
- Add the passata and cook through till all of its water has been reduced
- Return the lamb to the pot and add the salt and pepper
- Add the water, bring to a rolling boil and then reduce to a gentle boil
- Continue cooking for at least 1 hour or until the meat is tender
- Add the trahana and gently boil until it is *al dente* – approximately 20 minutes

Serving the lamb neck with trahana

- Serve and enjoy! Kali Orexi!

Key Points

- You can find sweet trahana at most Greek delicatessens
- Lamb necks can be substituted with lamb shanks or lamb shoulder pieces
- If your stock runs low before adding the trahana, top it up with a little more water