

Cumbrian Lamb Stew With **Wild & Fruitful's** Cumberland Chutney



A hearty stew, perfect on a Winter's evening...

Serves: 4

Prep time: 2 hours

Ingredients:

- Vegetable Oil for Frying
- 400g Cumbrian Lamb Loin (Diced)
- 2 onions (Diced)
- 2 Carrots (Diced)
- 1tbsp Tomato Puree
- 1l Lamb Stock
- 150g Pearl barley
- 1tsp Chopped Rosemary
- 1tsp Thyme Leaves
- 4 Tablespoons of **Wild & Fruitful's** Cumberland Chutney

Method:

1. Drizzle a little oil into a large pan and place on the stove to heat up.
2. When the oil is hot add in the diced lamb and sear all over, until nicely coloured.
3. Add in the diced onion and carrot and cook for a further 3 minutes.
4. Add in the tomato puree, lamb stock, pearl barley and chopped herbs and stir well.
5. Leave the stew to simmer gently for a couple of hours or until reduced and thickened.
6. Stir in 4 tablespoons of **Wild & Fruitful's Cumberland Chutney** , season with salt and pepper and serve, we served our stew with locally baked bread

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