

Nurturing you through to health and happiness

SARI YOUNG

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NATUROPATH AND REGISTERED NURSE

Slow cooked lamb with pressure cooked veggie stew

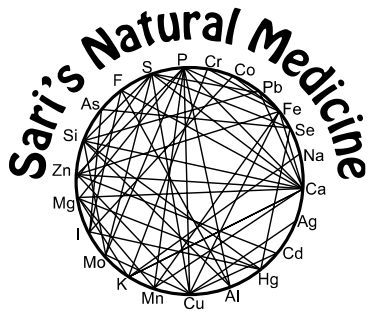
Ingredients

- 1-1.5kg Forequarter Lamb chops
- Fresh herbs
- Bay leaf
- 2 medium onions
- 6 -12 carrots, depending on size
- ½ head cauliflower
- 2 celery stalks
- Head of broccoli
- 6 silver-beet leaves
- 4 garlic cloves
- Salt and pepper
- 2-3 tbsp Arrowroot or tapioca flour
- 2-3 tbsp of cold water

Methods:

1. Place lamb chops into slow cooker with salt and pepper, and whatever fresh herbs you have on hand (rosemary is great, parsley, marjoram, whatever!) and the bay leaf. Cover the meat with water. Cook on high for 5 hrs.
2. Once the lamb has finished cooking, take the lid off and let it cool down.
3. Chop all of the vegetables into chunks or slices.
4. Place all the vegetables into a pressure cooker. Take 2 cups of meat juice from the slow cooker and put into the pressure cooker with your veggies. Put the lid on and bring it up to pressure. Cook for 4 minutes. Release steam.
5. Once meat has cooled down a little, remove the bones and gristle carefully.
6. Add the cooked meat to the pressure cooked veggies and stir through.
7. Place the arrowroot or tapioca flour into a mug. Add the cold water and stir to dissolve it. Add it to the pressure cooker and stir through. This will thicken the sauce in the stew.

Enjoy!



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NOTE: Use whatever vegetables that are in season. I use daikon radish, cabbage, brussel sprouts, beetroot, spinach, beans, peas etc.