

Seco de carnero

Peruvian lamb stew

Serves 4-ish.

Ingredients (all measures approximate)

750g lean lamb (nerck fillet for preference)	60ml Seville orange juice
1 tennis-ball-sized onion, chopped	300g waxy potatoes
half a bulb of garlic, chopped	300g peas
15mm hot pepper	salt, pepper and water as required
15g coriander	

Method (all description approximate)

- Dice the lamb to 15-20mm. De-seed and decorticate the pepper, then chop it finely
- Soften the onion in oil.
- Whiz the pepper, garlic and coriander into a red, white and green paste and stir it into the softened onions, Cook for two minutes.
- Add the lamb gradually, stirring and turning to brown it lightly.
- Add salt and a generous (thirty-twist) grind of pepper.
- Stir it all about for five minutes and add the orange juice (if you have no Seville orange juice, use 40ml orange juice and 20ml lime juice), with approximately the same amount of water to cover (barely) the meat.
- Bring to the bubble and keep it blipping for 90 minutes, or for up to two hours if the meat is not soft after 90 minutes. Stir in the peas at the end.
- At this point, the stew may be cooled and reheated in time for the meal.
- Add the potatoes (diced to 3cm and parboiled) and bring to serving heat.