

## Sweet and sour lamb with red cabbage

### Ingredients

500gms minced lamb  
4 carrots  
2 leeks  
salt and freshly ground black pepper  
1 pint stock  
1 pinch rosemary  
1oz flour

### For the sweet and sour red onions

2 red onions, (Chopped)  
1 tsp groundnut oil  
150ml balsamic vinegar  
A squeeze of lemon juice

### Method

The red onions can be prepared well in advance, cut each onion into a fine dice, put the onions in a pan and cook for 5 minutes with the oil, balsamic vinegar and lemon juice on a low heat. When the onions are soft, season with salt and pepper and remove from the heat.

Put the minced lamb in a hot pan and cook for a few minutes until it is sealed and browned, add the vegetables, herbs and the red onion.  
Add the flour and then gradually add the stock to thicken simmer for 15 - 20 minutes.

### Red cabbage

1 tbsps local honey  
1 tbsps red wine vinegar  
1 pinch crushed juniper berries  
1 crisp apple (granny smith peeled and diced)  
half a red cabbage (shredded)

### Method

Put shredded cabbage in a large pan with all ingredients add water and a pinch of seasoning cook for about 30 minutes when soft drain off remaining liquid.