

LAMB IN SAC-PEKA

Wash the meat in lukewarm water and rub with two handfuls of salt. Smear with mustard and garlic and add two sprigs of rosemary. Lamb has a lot of fat and for that reason you should not add any fat/lard to this dish. Add only half a glass of water to the dish, as during the cooking process the meat will release oils and the vegetables will release additional liquid.

After approximately 60-90 minutes rearrange the meats and make space for ribs (which should be left out until now) as they do not require a lot of time under high temperature as other meat cuts. At that time you can also add potatoes with other vegetables (if there was insufficient space for everything at the beginning of cooking). I recommend you check the dish again after a further 30mins at which point in time you pour lukewarm beer over the meat. This will not only add to the aroma of the dish but give a golden colour to the ribs and other meat parts.



Ingredients:
Lamb (3-5kg)
Onion
Garlic
2-3kg potatoes
Vegetables as desired
Lukewarm beer
PREPARATION TIME:
30 minutes
COOKING TIME:
3 hours