

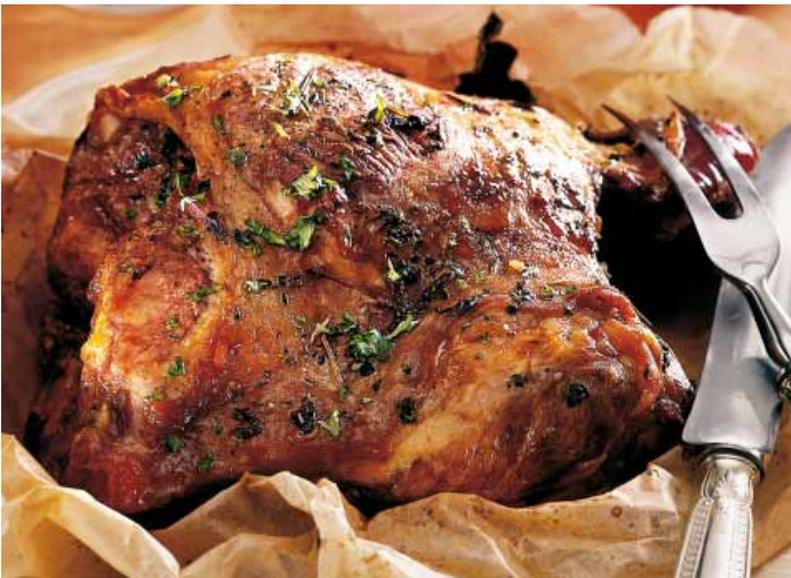
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## RECIPE OF THE WEEK

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# Kleftiko

In Greek, *kleftiko* means “*stolen meat*”. According to legend, this dish would be made from a lamb stolen from a flock as it grazed on a hillside. The thief would cook the meat for many hours in a hole in the ground, sealed with mud so that no steam could escape to give him away. At home you can reproduce the method by wrapping lamb is baked in a parchment bag, which keeps the meat moist and locks in the aromatics.



*2 -3 tsps Alex's Kleftiko rub or  
6 sprigs fresh rosemary, 15 fresh sage leaves and  
2 sprigs fresh thyme leaves picked off plus a pinch  
of paprika  
Sea salt & freshly ground black pepper  
100g cold butter  
4 quality trimmed lamb shanks  
olive oil to rub  
12 cloves garlic, unpeeled crushed lightly with the  
flat of a knife  
juice of 1 large lemon  
12 small waxy potatoes or 3 large quartered  
2 large carrots, peeled and coarseley chopped*

*1 onion, peeled and quartered  
1 leek, washed, halved, cut in 2inch lengths  
1/2 glass white wine per shank*

Preheat your oven to 180°C/350°F/gas mark 4. Meanwhile, cream 2-3 tsps of Kleftiko rub with 4 knobs of butter using a spoon or make a straight herb butter using the picked leaves of 2 sprigs of rosemary and thyme plus a sprig of sage seasoned with salt and pepper. Re-divide butter into 4. Using a paring knife cut a pocket in the meat of each shank large enough to take the knobs of the butter by cutting between the meat and the bone from the base of the shank upwards then poke herb butter into each.

Next, tear off four arm-length sheets of greaseproof paper or tinfoil and fold each in half to give you four A3-sized pieces of foil. Divide the garlic and veg between them, making a pile in the middle of each square. Rub the lamb shanks with olive oil then season with salt and pepper, placing one on top of each pile of veg with a pinch of rub and the odd leaf on top for artisan effect. Draw up the paper around the shank then pour in a slosh of wine per shank. Gather the paper around the bone and twist together at the neck then tie with string. Trim excess paper off with scissors to make the parcel look neat then place on a baking tray with the

bones facing up. Bake in a preheated oven for 2½ hours or until the meat is meltingly tender. At the end rest the parcels for a few minutes in the warm out of the oven to let the meat relax then serve for your guests to open and savour the aroma. Alternatively, layer in a slo-cooker and seal the lid with a sheet of greaseproof paper for a few hours until done. Serves 4

*To download this recipe go to [www.squisito-deli.co.uk](http://www.squisito-deli.co.uk)*

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