

# Explorers

LAMB STEW WITH SAVORY STEAMED BREAD, SERVED WITH CREAMED SPINACH

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## Steamed Bread:

2 cups of SASKO flour  
lukewarm water  
1.5 teaspoons of dry yeast  
2 teaspoons of salt  
1.5 tsp of sugar  
Corn off the cob  
Red pepper, finely chopped

Mix all ingredients to make a dough and leave to rise  
Once risen, mix in vegetables and leave to rise again  
Bring pot of water to boil, place another pot inside that pot with your dough. This will steam the bread.  
Depending on the size of the dough, this should be cooked in an hour, but check on it every 30 minutes.  
Remove from pot, cut to accelerate the cooling process.

## Lamb Stew:

Lamb stewing cuts  
Onions  
Parsley  
Salt  
Water  
Flour

Braise onions in a pot over medium to hot coals  
Coat your meat in flour then add to the pot to brown.  
Once browned, add lamb stock and water and cook low and slow till meat is soft and water reduces.  
Keep testing for seasoning and add salt when necessary  
Once the meat is soft and the sauce is thick, remove from heat, sprinkle with fresh parsley and serve.

