

Lamb Braised with Red Wine Rice Recipe (Kung Cho Yung Yuk)

Ingredients: Serves 8

1.3kg butt end of leg of lamb, cut into 3 equal slices across the bone by the butcher
2 tablespoons peanut oil
Four ½-inch-thick slices fresh ginger
5 tablespoons Red Wine Rice (please refer Chinese recipes)
16 small Chinese black mushrooms, soaked in hot water for 30 minutes, washed and stems removed
1½ cups diced bamboo shoots, cut into 1-inch cubes
6 scallions, trimmed and cut into 1½-inch pieces
2 cups Chicken stock
½ cup Red Wine Rice liquid (please refer Chinese recipes)
Six 1- by 2-inch pieces dried tangerine peel, soaked in hot water for 20 minutes, until softened
¼ cup Shao-Hsing wine (Chinese cooking wine) or dry sherry
2 tablespoons soy sauce
1 teaspoon sugar

For the marinade:
1 tablespoon ginger juice mixed with 2 tablespoons Shao-Hsing wine or dry sherry
1½ teaspoons salt
1½ teaspoons sugar
Pinch freshly ground white pepper

Method:

Prepare the lamb. Separate the meat from the bone. Trim the fat and discard. You should now have 600 - 700 g of meat. Cut the meat into 1½-inch cubes. In a large bowl, combine the marinade ingredients. Place the lamb cubes and the bone in the marinade and allow to rest in the refrigerator for at least 2 hours. Separate the lamb and bones from the marinade and reserve separately.

Heat a wok over high heat for 1 minute, add the peanut oil, and coat the wok with it using a spatula. When a wisp of white smoke appears, add the ginger and cook, stirring, for 30 seconds. Add the red wine rice, stir, and cook for 1 minute, until its fragrance is released. Add the reserved lamb and bone, stir well, and cook for 2 minutes. Add the marinade and mix well. Add the mushrooms and cook, stirring, until they are coated. Add the bamboo shoots and stir. Add the scallions and stir. Cook for 1 minute. Turn off the heat and transfer the contents of the wok to a large pot.

Set the pot over medium heat. Add the stock and mix well. Add the red wine rice liquid and stir in well. Add the tangerine peel and mix. Cover the pot and bring to a boil. Add the wine, stir well, and return to a boil. Add the soy sauce and mix well. Add the sugar and stir. Lower the heat and simmer, leaving the lid cracked, for 1½ hours, until the lamb is tender. Stir the pot frequently during cooking to prevent sticking. Turn off the heat, transfer the contents to a heated tureen, and serve. Traditionally, this is served as one would a soup, in bowls, and accompanied by cooked rice.

Note: Traditionally, in this Fujian recipe, an entire piece of lamb, with its bone, is water-blanching, then cut up and prepared. I have simplified this dish by having the lamb butchered simply and eliminating the blanching pieces. The flavor and texture, however, are true to their Fujian origin. This dish uses the richness of that wonderful Red Wine Rice so beloved, and widely eaten, throughout Fujian.

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