

# Sunvil Supper Club

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March 2014 - Lamb Kleftiko



## Ingredients

2 large onions, peeled and sliced  
1 garlic bulb, sliced in half horizontally  
200ml (7fl oz) dry white wine  
1 rounded tbsp dried oregano  
Feta Cheese, diced into cubes  
1 Large Tomato  
2tbsp olive oil  
Salt and freshly ground black pepper  
Lamb Shanks  
750g (1½lb) potatoes  
1 lemon, sliced

### Method:

Set the oven to gas mark 4 or 180°C. Line a large roasting tin with 2 very large sheets of foil reaching over the sides. Put a sheet of greaseproof paper inside. Spread the sliced onions, Feta cubes, sliced tomato and the halved garlic bulb into the tin and then pour in the white wine.

Mix the oregano and oil with seasoning and rub the mixture all over the lamb. Put lamb on the bed of onions. Bring the paper and foil over to wrap the lamb in a loose parcel. Cook for 3 hrs.

Open up the parcel and stir the potatoes into the meat juices, then add the sliced lemon. Re-wrap the parcel and cook for another 1½ hrs.

Transfer the meat to a board or platter and rest it for 10 mins. Put potatoes and lemon on the platter and serve either with some spring greens drizzled with olive oil or a Greek salad.

Kleftiko is one of the most popular traditional Greek/Cypriot dishes. It is either lamb or goat wrapped in foil and baked in special clay ovens. As with most Greek meat recipes, it is the slow cooking that makes all the difference.

Kleftiko is the Greek word for 'stolen' and the recipe is sometimes referred to as 'bandit's lamb'. The origin of this dish goes back to the Cypriot freedom fighters of the 19th Century that lived in the mountains. They had to prepare their stolen meat, the Kleftiko, so that it was neither seen nor smelt. It was baked in special earthenware pottery, which they had buried underground. The hole was then sealed to prevent steam escaping and giving the Kleftiko away.

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