

Kuzu Haşlama (**Boiled Lamb with vegetables**)

This recipe is provided to replace the boiled lamb's head tasted during the tour. It may be a bit difficult to find raw lamb's head therefore this tasty typical Turkish recipe of boiled lamb with vegetables would be a nice alternative.

The boiled meat dishes in Turkish cuisine is known to be very nutritious and easy to digest.

Ingredients

4 Lamb shanks, washed
2 Potatoes, washed, peeled and cut into quarters
2 Carrots, washed, peeled and sliced into four thick slices
1 Onion, large, peeled and cut into quarters
2 lt. (4 ¼ cups) Water
½ teaspoon Salt
½ teaspoon Black pepper
½ bunch Parsley, washed

Procedure

- Place the lamb shanks in a large pot with 2 liters of water. Let it simmer over medium heat for about 45 minutes to 1 hour, removing the foam that forms on top from time to time.
- Into the pot, add onions, carrots, potatoes, parsley, salt and black pepper.
- Cook until the meat is tender, and the vegetables are softened. Then strain the stock from the meat and vegetables and place back into the pot.
- Cook the stock over medium heat and let it reduce by half.
- Place the lamb shanks and vegetables on a serving platter, pour the reduced stock over and serve hot.