

**It's not a dance, it's a dish!**

# LAMBO ITALIANO

**Recipe by Julie Miguel, recipe developer,  
food stylist & food blogger**



Inspired by  
*Mambo Italiano*  
(2003)



## *Lambo Italiano*

Julie Miguel's Lamb Cavatelli

### *Ingredients*

- |  |  |
|--|--|
| 1 bay leaf   | 1 large carrot, chopped  |
| 2 sprigs fresh rosemary                                | 3 celery ribs, chopped   |
| 2 sprigs fresh thyme                                   | 1 cup dry red wine   |
| 2 sprigs fresh oregano                                 | 1 28 oz can of crushed tomatoes  |
| 2 lbs lamb shoulder, deboned and cut into large chunks | Salt and pepper, to taste  |
| Extra-virgin olive oil                                 | 1 450 g bag of cavatelli pasta, cooked according to package directions |
| 2 onions, diced  | Pecorino or Parmesan cheese, shredded                                  |
| 6 cloves garlic, crushed                               |  |

### *Method*

- 1 Wash and tie the herbs into a bundle.
- 2 Pat lamb dry; liberally coat with salt and pepper. Sear in a pot coated with olive oil over medium-high heat. Set aside.
- 3 Add onions and cook until soft, then add the vegetables and herbs and cook until soft. Add wine to the pot and simmer until reduced to half. Add crushed tomatoes in their sauce and boil.
- 4 Add the lamb and simmer; cook on low heat for 2 to 3 hours, stirring occasionally.
- 5 Discard herbs. Shred lamb into bite-sized pieces and return to the sauce.
- 6 Serve over your favourite cooked cavatelli. Top with shredded cheese.