

SERVES 2

200ml rice wine
100g palm sugar
80ml light soy sauce
1 litre chicken stock
1 tablespoon freshly grated ginger
2 garlic cloves, crushed
1 tablespoon sesame oil, plus a little extra
600g lamb knuckles
150g fine green beans, trimmed
2 tablespoons sesame seeds

FRESH SALTED CHILLIES

2 red chillies
2 green chillies
2 tablespoons sea salt

Braised lamb knuckles with green beans, sesame seeds and salted chillies

I find that cooking lamb in stock results in a cleaner flavour. The salted chillies add a new dimension to the dish and after you've tried them once, you'll start using them all the time.

Put the rice wine, palm sugar, soy sauce, chicken stock, ginger, garlic and sesame oil into a pan and bring to the boil. Add the lamb knuckles, reduce the heat and cook slowly for about 1½ hours until the lamb is soft and almost falling off the bone. Cook the green beans in boiling salted water for 3 minutes, drain and refresh in iced water. Toast the sesame seeds in a dry pan, add the fine beans with a little sesame oil and warm through. To serve, arrange the beans on a plate and top with the lamb knuckles and braising juice. Sprinkle the salted chillies over the lamb.

FRESH SALTED CHILLIES

Slice the chillies and wash in clean cold water until most seeds are removed. Remove from the water and sprinkle over the salt. Mix well and leave to marinate for 30 minutes.