Van helise (cracked wheat and lamb porridge)

Serves 8

Ingredients

2 kg	Bone-in lamb
1 kg	Pounded wheat (dehulled wheat berries) 6¼ glass
1 kg	Water 5 glass
1.01 kg	Beef bone stock 5 glass
250 g	Butter 1¼ glass
30 g	Salt 1¾ tbsp
30 g	Red pepper flakes 5½ tbsp
10 g	Ground black pepper 1½ tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Soak the cracked wheat overnight to soften it. In the morning drain it into a large pot, add 1 litre of water and cook until soft enough to mash.
2. Boil the meat in a separate pot. Strain the cooking liquid and set it aside as stock, then take the meat off the bones.
3. Add the meat to the wheat, season with salt and cook, stirring constantly. Top up with the reserved stock a little at a time as it reduces.
4. Keep stirring until the meat shreds and the wheat is well mashed. Add black pepper if you like.
5. Serve hot on plates, topped with melted butter and, if you like, chili flakes.

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