

Arníxydáto sto Tigáni
(Fried Lamb in Vinegar)

This simple dish was very popular in Ancient Greece. Since wine turns to vinegar more quickly in hot climates, many dishes made use of the abundant wine vinegars. The key to all Greek cooking is to use the highest quality and freshest ingredients.

Ingredients

1 to 2 lbs.boneless leg of lamb cut into strips

2/3 cup wine vinegar

3/4 cup olive oil

2 to 3 Tbs. flour

4 to 5 garlic cloves

salt

black pepper

Utensils

knife and cutting board

measuring cup

measuring spoons

meat pounder

large frying pan

fork

plate

strainer

bowl

cookpot

This dish is seasoned to taste. Slice the lamb into strips that are 5 inches long by 2 inches wide and 1/2 inch thick. The butcher can do this for you. Pound the lamb with the meat pounder to tenderize it. Peel and finely chop the garlic. Place all but 1 Tbs. of the flour onto a plate. Heat the oil in the frying pan on the stove over medium heat. Dredge the lamb slices in the flour and place them in the frying pan. Cook until the slices are done. This will depend on how thickly the lamb has been sliced. Remove the lamb from the frying pan and place it in the cookpot.

Strain the oil into the bowl to remove any burnt sediment. Replace the oil back into the frying pan and add 1 Tbs. of flour to the vinegar. Place the vinegar, garlic, salt, and pepper into the frying pan and cook the sauce until it thickens. Pour the sauce over the lamb in the cookpot and bring to a boil on the stove over medium heat. Be sure to occasionally shake the pan to keep the lamb from sticking to the bottom. Add a slight amount of water if necessary. When the sauce has boiled, then serve the lamb hot.