



Braised Lamb Shoulder

Kathy Halgren

Ingredients

7lbs lamb shoulder
7lbs small white potatoes
1 bunch parsley
2 cups dry white wine
1lb carrots
1lb celery
1lb onions
1 bulb garlic, fresh
4 cups beef broth
1 fennel bulb
1 red cabbage
1 green cabbage
1 lemon
3 tablespoons apple cider vinegar
4 tablespoons granulated garlic
Salt and pepper to taste
Preheat oven to 120°C fan-forced (140°C conventional).

Instructions

Coat lamb oil, then rub evenly with salt and pepper.

Heat 2 teaspoons of oil in a large flameproof casserole dish over medium-high heat. Seal the lamb for 2 minutes on each side, or until well browned. Remove lamb from the dish and set aside until needed.

Reduce heat to medium, add remaining oil, then add onion and cook, stirring occasionally, for 5–8 minutes until softened. Add carrot, garlic, and rosemary and cook for 5 minutes, or until slightly softened. Pour in broth and bring to the boil, then remove from heat and season with salt and pepper.

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Return lamb shoulder to the dish and press down to submerge in the liquid, adding more broth or water if needed. Cover the dish with a tight-fitting lid. Transfer to the oven to braise for 5 1/2 – 6 hours until the meat pulls away easily from the bone. If there is any resistance, the lamb needs to be cooked for a little longer.

Carefully remove lamb from dish, cover with foil and set aside to rest. Place dish over medium heat, bring juices to a simmer and reduce for 12–15 minutes, or until it reaches a sauce consistency.

Divide lamb between serving plates, add a couple of big spoonfuls of mash, then ladle over the sauce and sprinkle over parsley.