

Braised Shoulder of Lamb

4-5 lbs boneless, or 8-9 lbs bone-in **lamb shoulder** 1 tsp ground **cumin**
2½ tsp **salt** ½ tsp turmeric/fenugreek
1½ tsp **black pepper** saffron threads/powder/curry powder
2 Tbsp olive **oil** 2 cups beef/lamb/vegetable **stock**
1 chopped **onion** 1 cup **tomato** puree
1 chopped rib of **celery** **1 bay leaf**
1 peeled and diced **carrot** Serve over:
1 peeled and diced small turnip/parsnip mashed potatoes/rice/egg noodles
1 tsp ground **coriander seed**

PREHEAT oven to 425°F.

RUB 1 tsp salt and ½ tsp pepper onto lamb.

HEAT oil in a large oven-proof pot over high heat. ADD lamb; BROWN on all sides (2 minutes a side). REDUCE heat to medium.

ADD onion, celery, carrot, turnip, 1½ tsp salt, 1 tsp pepper, coriander, cumin, turmeric and saffron. COOK 10 minutes.

ADD stock, tomato puree and bay leaf. COVER, BRING to a simmer.

PLACE in oven. REDUCE oven to 325°F.

COOK 2-2 ½ hours (up to 3 ½ hours if bone-in).

REMOVE bay leaf.

For Slow-Cooker:

RUB 1 tsp salt and ½ tsp pepper onto lamb.

HEAT oil in a Dutch oven over high heat. ADD lamb; BROWN on all sides (2 minutes a side).

PLACE in cooker.

REDUCE heat of Dutch oven to medium.

ADD onion, celery, carrot, turnip, 1 tsp salt, 1 tsp pepper, coriander, cumin, turmeric and saffron.

COOK 10 minutes.

ADD to cooker along with 1 ½ cups stock, tomato puree and bay leaf.

COOK on high 4 hours or low 7 hours.

REMOVE bay leaf.

Notes:

Serves 6. Can be refrigerated for 3 days or frozen 1 month.