

Braised Shoulder of Lamb

2 kg boneless, or 4 kg bone-in lamb shoulder	5 ml ground cumin
13 ml salt	2.5 ml turmeric/fenugreek
8 ml black pepper	saffron threads/powder/curry powder
30 ml olive oil	500 ml beef/lamb/vegetable stock
1 chopped onion	250ml tomato puree
1 chopped rib of celery	1 bay leaf
1 peeled and diced carrot	<u>Serve over:</u>
1 peeled and diced small turnip/parsnip	mashed potatoes/rice/egg noodles
5 ml ground coriander seed	

PREHEAT oven to 220°C.

RUB 5 ml salt and 2.5 ml 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, 8 ml salt, 5 ml 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 160°C.

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

REMOVE bay leaf.

For Slow-Cooker:

RUB 5 ml salt and 2.5 ml 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, 5 ml salt, 2.5 ml pepper, coriander, cumin, turmeric and saffron. COOK 10 minutes.

ADD to cooker along with 375 ml 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.