

Slow Roast Shoulder of Lamb, Cinnamon & Apple Cous Cous

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Ideal Home Show 2018



Ingredients for four people

- 1 whole shoulder of lamb on the bone
- 2 large onion cut in half
- 2 large donkey carrot cut in half
- 3 Garlic cloves
- ½ bunch rosemary
- 2 jacket potatoes cut in half
- 1 lemon
- 250gms salted butter
- 100mls extra virgin olive oil
- ½ bunch lemon thyme
- 2 bay leafs
- 150 Gms cous cous
- 1 teaspoon ground cinnamon
- 50gms sultanas

1 granny smith apple (kept in freezer)
4 shallots cut into rings
1 teaspoon crushed coriander seeds
500mls chicken stock
2 cloves garlic chopped
1 red chilli de-seeded and chopped (optional)
1 teaspoon of sumac
200mls thick Greek yoghurt
½ bunch mint
150mls red wine vinegar
50gms demerara sugar

Method

Turn the oven on to 150c place the lamb shoulder on a bed of onion, carrots and potato half's. Lay rosemary, thyme, bay leaf, and garlic on top then lastly the lamb season well and cover with ½ pint water and cover and seal with foil.

Place in the oven, the lamb will take approx. 3.5 hours to slow roast gently remove the foil after 2 hours and carry on cooking until it starts to fall apart. (Move easily away from the bone)

In a large earthenware dish add the cous cous, cinnamon, sultanas, and coriander seeds. You can add a little chilli at this point.

Add a drizzle of olive oil and a knob of butter and pour over the hot chicken stock and seal tightly with Clingfilm, leave to stand for 30mins.

Bring the red wine vinegar and sugar to the boil and add the shallot rings remove from heat and cool and place in fridge

Remove Clingfilm from the cous cous and season with salt and pepper and add a little chopped fresh mint and roughly grated lemon zest mix using a roasting fork to flake it up

Leave to stand and keep covered (this can be done a day in advance)

Check to see if the lamb is cooked the bones should slide easily away from the meat.

Heat up the cous cous in a large pan or use a microwave, pour the mixture evenly into large family serving dish.

Pull the lamb apart into even portion chunks and place on top of cous cous

Spoon over the Greek yoghurt, Sprinkle with the pickled shallot rings and grate the fresh apple all over it and dust with sumac. Serve with a simple green salad and flat bread

Great for lunch or a dinner party dish.

