



# SMOKY LAMB SHOULDER WITH BRAISED ROOT VEGETABLES AND GREEN SAUCE

## INGREDIENTS

2 BONED AND ROLLED LAMB SHOULDERS - 25G ROSEMARY - 1 HEAD OF GARLIC CUT IN HALF - 2 HEAPED TBSP SMOKED PAPRIKA - 1LTR LAMB STOCK - 1KG OF HERITAGE CARROTS (TOPS REMOVED) - 1KG OF NEW POTATOES - 4 RED ONIONS CUT INTO WEDGES - 1 BUNCH OF FLAT LEAF PARSLEY - ½ BUNCH TARRAGON - 1 BUNCH OF MINT - 60ML RED WINE VINEGAR - 20G CAPERS - 60ML EXTRA VIRGIN OLIVE OIL

## INSTRUCTIONS

1. REMOVE ANY BUTCHERS STRING THEN RUB ALL OVER WITH PAPRIKA AND PLENTY OF SALT BEFORE TYING THE LAMB BACK INTO ITS ORIGINAL SHAPE. ADD A LITTLE VEGETABLE OIL AND ROAST IN A TRAY WITH THE GARLIC HALVES AT 220C FAN OVEN FOR 20 MINUTES TILL GOLDEN BROWN. ADD THE STOCK AND ROSEMARY TO THE TRAY AND SEAL WITH FOIL AND ROAST FOR THREE HOURS AT 160C FOR 3 HOURS. REMOVE FROM THE OVEN AND LEAVE IT TO REST ON A RACK.

2. BLEND GREEN HERBS WITH CAPERS, OLIVE OIL AND RED WINE VINEGAR UNTIL SMOOTH.

3. IN ANOTHER LARGE TRAY, RUB POTATOES, CARROTS AND ONIONS WITH OIL, SALT AND PEPPER AND ADD IN WITH THE LAMB AT 185C FOR THE LAST 30 MINUTES.

4. PLACE ALL THE VEGETABLES TOGETHER ON A LARGE SERVING PLATTER AND SCATTER WITH SOME CHOPPED FLAT LEAF PARSLEY AND TARRAGON.

5. REMOVE THE LAMB FROM THE TRAY AND BREAK INTO CHUNKY PIECES. STRAIN OFF ANY REMAINING COOKING LIQUID AND POUR OVER, THEN FINISH WITH A DRIZZLE OF THE GREEN SAUCE.