



Dohne Merino Editorial

Recipe

Slow Roast Lamb Shoulder with Indian Spiced Potato Salad and Green Beans

Makes: 6

Preparation Time: 15 mins

Cooking time: 3 1/2 hours

What's in it?

Lamb:

2kg lamb shoulder, bone in

120g butter

1 tablespoon coriander seeds, ground

1 tablespoon cumin seeds, ground

½ teaspoon cayenne pepper*

1 ½ teaspoon smoked paprika

5 cardamom pods, bruised

1 head of garlic, halved

1/4 cup water

olive oil

Spiced Potatoes:

1.5kg small chat potatoes*

1 tablespoon curry powder

1 tablespoon seeded mustard

1/2 cup sour cream

Bunch of coriander, chopped

1 long red chili*, finely sliced

Olive oil

Beans:

250g green beans

half lemon, juiced

olive oil

Putting it all together:

1. Preheat fan forced oven to 170oC
2. Combine butter, spices and a good pinch of salt and rub all over lamb shoulder. Place in a large roasting dish along with garlic, water and a good drizzle of olive oil. Cover tightly with foil and place into oven cooking for 2 ½ hours. Remove foil and baste with juices and cook for a further 1 hour.
3. In the last half an hour of cooking prepare you potatoes. Cook potatoes in boiling salted water for 15-20 minutes or until just tender (we will not be mashing these so they don't want to be too soft). Drain potatoes of water and remove to a large serving bowl, add the curry powder, seeded mustard, sour cream, coriander and chili. Mix gently to combine. Drizzle with a little olive oil and top with any remaining coriander.
4. For the beans, quickly blanch for 2-3 minutes in boiling water (you can do this in with the potatoes). Drain and serve with a squeeze of lemon juice, olive oil and seasoned with salt.
5. Remove lamb shoulder from the oven and allow to rest for 10 mins. Serve on large platters at the centre of the table to share with you family and friends. Enjoy.

Recipe Notes and Tips:

* Cayenne pepper and red chili can be omitted if you are worried about spice (this is not a spicy dish).

* I the potatoes are small enough you can keep them whole, alternatively cut them in half.