

SLOW BRAISED LAMB SHOULDER WITH SUMMER VEGETABLES & RED WINE GRAVY

INGREDIENTS

For The Lamb

Shoulder of Lamb, boned & rolled
 2 Carrots, chopped
 2 Celery Sticks, chopped
 1 Large Onion, chopped
 4 Thyme Sprigs
 4 Rosemary Sprigs
 5 Garlic Cloves, crushed
 250ml Beef or Chicken Stock
 330ml Red Wine

For The Summer Vegetables

1 Large Cauliflower, quartered
 2 Large Onions, quartered with root remaining
 680g New Potatoes
 1 tbsp Salted Butter
 2 Garlic Cloves, crushed
 2 Rosemary Sprigs

METHOD

- Preheat oven to 170°C.
- Heat a splash of oil in a wide-based, oven-safe pan and brown off the lamb shoulder on all sides. Once completely browned, remove the lamb from the pan and set aside.
- Add extra oil to the pan if required, and add the chopped vegetables, garlic, thyme and rosemary. Once the vegetables have started to soften and caramelize slightly, carefully pour in the red wine to deglaze the pan and release the flavours from the vegetables.
- Put the lamb shoulder back into the pan on top of the vegetables and pour in the stock. The liquid should cover the shoulder, if not, add more stock.
- Bring the braising liquor to the boil and simmer for 10-15 minutes. Following this, place in the preheated oven and cook for 3-4 hours.
- Whilst your lamb is braising, prepare and cook your vegetables.
- Remove the outer leaves of the cauliflower and discard. Carefully cut the cauliflower in half through the core and repeat so you are left with 4 wedges. Cut the onions in the same way.
- Heat a pan with a little oil and the butter. When the butter starts to foam, carefully place the cauliflower wedges flat side down into the pan. Cook until they start to softly caramelize, then flip and repeat. Once both sides are coloured, remove from the pan and place on an oven tray.
- Repeat this process with the onion wedges.
- Bring a pan of salted water to the boil and par boil the potatoes for 5-6 minutes. Drain and place on an oven tray.
- Drizzle both trays with oil, salt and pepper. Cover the tray with the cauliflower and onion tray loosely with foil, but leave the potatoes uncovered. Add the garlic and rosemary to the potatoes and place both trays in a preheated oven for 12-15 minutes, gently shaking them occasionally.
- After 12-15 minutes, remove the foil from the cauliflower and onion tray and leave in the oven for another 5-6 minutes, or until the vegetables are tender.
- Once the meat is tender, remove the lamb from the pan and set aside, cover with foil to keep warm.
- Meanwhile, over a low to medium heat, reduce the braising liquor and season to taste. Strain the liquid into a clean pan, making sure to squeeze as much of the liquid from the vegetables as possible.
- When you are ready to serve, slice the lamb. Reduce the heat on the gravy and whisk in a tablespoon of cold butter and serve immediately with the vegetables.