



LAMB SHOULDER

Pot roasted deboned lamb shoulder with potatoes and root vegetables

EQUIPMENT: LA GERMANIA

Lamb

- 1 kg Lamb shoulder deboned
- 1 cup Fresh breadcrumbs (3 slices of bread)
- 4 tablespoons Fresh herbs, finely chopped (rosemary; parsley; mint)
- 1 Orange, zest and juice
- ¼ cup Dried cranberries
- 1 tablespoon Cranberry sauce
- 1 tablespoon Oil
- 2 teaspoons Salt
- 1 tablespoon Butter
- Butchers twine
- 2 large Onions, peeled and thinly sliced
- 4 tablespoons Ghee
- 4 cups Lamb/Chicken stock

Vegetable

- 8 medium Potatoes, peeled and halved
- 4 medium Carrots, peeled and cut into large chunks
- 4 small Sweet potatoes, peeled and cut into thick rounds
- 8 baby Beetroot, peeled
- 4 Parsnips, peeled and cut into large chunks
- 2 small Red onions, peeled and cut into quarters
- 1 teaspoon Salt
- ½ teaspoon Pepper
- 1 tablespoon Olive oil
- 3 sprigs Fresh thyme
- 2 sprigs Fresh rosemary



A deboned lamb shoulder rolled with herb stuffing pot roasted with potatoes and served with root vegetables and a rich jus.



Prepare the lamb and stuffing

1. Mix the breadcrumbs, herbs, orange zest and juice, cranberries, cranberry sauce, butter and oil together.
2. Lay the deboned lamb shoulder on a chopping board and cover with plastic wrap. Use a mallet and flatten the lamb so that it is even in thickness of about 3 cm. Season the lamb on both sides. Spread with the stuffing, then shape into a roll and secure with the butcher's twine.
3. Melt the ghee in a large heavy-based pot over medium heat. Add the lamb and brown on all sides. Remove to a plate.
4. Brown the onions in the same pot for about 5 minutes, until golden brown. Pour in a cup of stock and deglaze the pot, scraping up any caramelised bits at the bottom and sides of the pot. Return the lamb and cover to about a third with the remaining stock.
5. Cover the pot and cook the lamb over medium to low heat for about 1½ hours turning halfway.
6. Add the potatoes to the pot, add water if liquid is required and cook for about 30 minutes until the potatoes have soaked up some of the sauce and are a golden brown.
7. Remove the lamb from the pot and place on a plate, cover and keep warm.
Toss the potatoes in the sauce until they are glossy and cooked through. Remove the potatoes from the pot. Leave one half and any bits of potato in the pot and place the other potatoes on a warmed serving plate.
8. Mash the bits of potato in the sauce with the back of a spoon and mix into the sauce, add some of water or stock if the sauce is thick and needs to be thinned down. Strain the sauce and serve as the jus.
9. Remove the butcher's twine from the lamb and slice. Serve with the root vegetables and the lamb jus.

Prepare the root vegetables

1. Preheat the Vortex air fryer to 200°C and select the air fryer setting.
2. Place the prepared vegetables in the Vortex air fryer basket and season with salt and pepper, drizzle with the oil over and place the fresh herbs in between the vegetables.
3. Air fry for 18-20 minutes until the veggies are tender and are starting to brown in a few spots. Allow to cool for 1-2 minutes and serve immediately.



Yield: 4-6 servings
Prep time: 15 minutes
Cooking time: 2 hours 15 minutes
Total time: 2 hours 30 minutes

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