



FESTIVE LAMB REICPES

Recipes by Prof G Du Rand // Photographs by Michelle Parkin

Supported by the red meat industry of South Africa



A tapas style platter with various dishes made with lamb served with an accompanying sauce or dip, small spicy pita breads and a seven colours salad of colourful ingredients of your choice such as tomatoes / red cabbage / avocado / cucumber / beetroot / red onion / sweet pepper / chickpeas / baby spinach)

TAPAS STYLE
PLATTER WITH LAMB

1. SAMOSAS WITH A MANGO CHUTNEY

Serves 6-8
Prep time 20 minutes
Cooking time 40 minutes
Total time 1 hour

LAMB FILLING

1 large Potato, peeled and cut into chunks
2 tablespoons Oil
1 medium Onion, finely chopped
1 teaspoon Cumin, seeds
¼ teaspoon Black mustard seeds
½ teaspoon Coriander, whole
1 tablespoon Garam masala
1 tablespoon Curry powder
½ teaspoon Cayenne pepper or 1 tablespoon green chili finely chopped
1 teaspoon Turmeric
¼ teaspoon Amchur (mango powder) or 1 teaspoon lemon juice
½ teaspoon Asafoetida (or use garlic or onion powder)
¼ teaspoon Cumin, ground
500g Minced lamb
1 teaspoon Salt
½ teaspoon Freshly ground pepper
2 teaspoons Fresh ginger, peeled and finely grated
½ cup Frozen peas
¼ cup Fresh mint, finely chopped
1 packet Samosa pastry sheets [50 sheets per pack]
1 liter Cooking oil

MANGO CHUTNEY

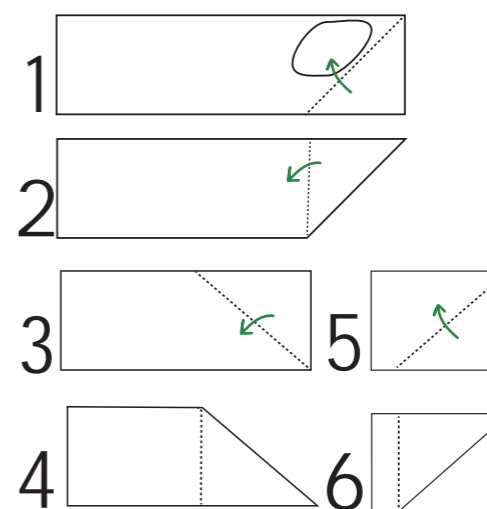
3 large Mangos (or use frozen mango equivalent)
½ cup sugar
100 ml White vinegar
1 tablespoon Fresh ginger grated
1 Red chili, seeds removed and finely chopped
1 clove Garlic

PREPARE THE FILLING:

1 Boil the potato until very soft about 10 minutes
2 Roughly mash the cooked potato with a fork leaving some large chunks
3 Heat the oil in a large pan over medium heat and sauté the onions until translucent
4 Add the cumin seeds, black mustard seeds and whole coriander
5 Stir the mixture for a minute be careful not to burn it
6 Add the minced lamb and cook through mixing well with the onion and spices
7 Add the ginger, chili, and peas, cook until the chili is soft
8 Add the remaining spices, garam masala, curry powder, cayenne pepper (if chili was not used), turmeric, amchur, asafoetida and ground cumin
9 Cook for a minute and mix all the ingredients until well blended
10 Add the potato and gently stir to blend in the spices
11 Remove from the stove, stir in the chopped mint
12 Spread the filling out on a flat baking sheet and leave to cool completely before using

PREPARE THE FILLING:

Use a single samosa per sheet and form into a cone by following the steps in the image below



1 To make a cone brush the long side with water, then fold the short side to join the long side making a triangle/ cone shape
2 Press the edges to seal
3 Open up the triangle and fill with about 1 tablespoon of filling, lightly pressing it in
4 Fold over the filled cone, brush the open pastry edge with water, press together so that your samosa is fully sealed, place the sealed edge on the work surface and press down to fold the last end of the pastry
5 Make sure the cone is pointy and is triangular
6 Repeat with the remaining pastry and filling
7 Heat oil to medium (160°C) in a deep pan or pot
8 Carefully place 3-4 samosas in the oil and fry for 3 minutes, make sure they do not touch the base of the pan
9 Remove with a slotted spoon and let them drain and repeat with the next samosas until all have been fried
10 Increase the oil temperature to 190°C
11 Carefully place 3-4 samosas into the oil and fry until they are golden
12 Remove from the oil and drain on paper towels
13 The second fry is to crisp the samosa and provide the golden colour
14 Serve hot with a dipping sauce, chutney, or a yogurt raita

PREPARE THE SAUCE [MANGO CHUTNEY]:

1 Peel mangos and remove the stone
2 Cut peeled mangos into smaller pieces
3 Place all the ingredients in a microwaveable bowl and microwave 5 minutes at 100% power
4 Stir frequently until sugar is dissolved
5 Microwave for 20 minutes or until mixture thickens, stirring frequently
6 Pour into a sterilized jar and seal or keep in the fridge



2. MINIATURE SOSATIES WITH A YOGURT RAITA

Serves 6-8

Prep time 10 minutes

Cooking time 25 minutes;

Marinating time 124 hours

Total time 35 min

LAMB

1,5 kg Leg of Lamb
2 large Onions, peeled
½ cup Dried apricots

MARINADE

2 tablespoons Vegetable oil
2 cloves Garlic, crushed
2 teaspoons Fresh ginger, grated
1 tablespoon Curry powder
1 ½ teaspoons Salt
2 teaspoons Coriander, seeds
2 teaspoons Cumin, seeds
2 teaspoons Black peppercorns
2 teaspoons Whole cloves
2 tablespoons Fruit chutney
3 Bay leaves
2 teaspoons Turmeric
½ cup Brown vinegar
¼ cup White wine

SAUCE: YOGURT RAITA

500 ml Yogurt, plain
1/3 cup Fresh parsley, finely chopped
1 small Green chili, seeds removed and finely chopped
2 cloves Garlic, crushed
2 teaspoons Cumin seeds
½ teaspoon Salt

PREPARE THE LAMB:

1 Cut the meat into 2cm cubes and place in a glass container
2 Cut the onions into 1/8 pieces
3 Place the onions on top of the meat
4 Place the dried apricots on top of the meat mixture

PREPARE THE MARINADE:

1 Combine the oil, garlic, ginger, curry, salt, coriander, cumin, peppercorns, cloves, chutney, bay leaves, turmeric, vinegar, and wine together and pour over the meat
2 Cover and refrigerate for 24 hours
3 Turn the meat twice during that time
4 Thread the meat, onion and apricots onto wooden skewers that have been soaked in water to prevent them from burning
5 Grill over the barbeque or under the grill in the oven
6 Heat the marinade and serve as a sauce with the sosaties

PREPARE THE SAUCE:

1 Mix the yogurt, parsley, chili, garlic, cumin, and salt together
2 Place in the refrigerator to develop the flavours
3 Serve with the sosaties

3. ARANCINI WITH LAMB AND MINT JELLY

Serves 6-8

Prep time 20 minutes

Cooking time 30 minutes

Total time 50 min

LAMB

1 clove Garlic, finely chopped
1 small Onion, finely chopped
1 tablespoon Olive oil
500g Lamb, Flank
1 teaspoon Coriander, ground
1 teaspoon All spice
2 cups Lamb/chicken stock
½ cup Flour
1 Egg
1 cup Breadcrumbs, fresh
2 tablespoons Mint jelly

RISOTTO

1 tablespoon Butter
1 clove Garlic, finely chopped
1 small Onion, finely chopped
½ cup Arborio rice
100 ml Dry white wine
350 ml Vegetable stock
25 ml Cream
25 g Grated Parmesan

SAUCE: MINT JELLY

600 ml water
2 ¼ cups sugar
3 x 10 sachets Gelatin, powdered
300ml vinegar
1 cup packed Fresh mint, chopped

PREPARE THE LAMB:

1 Sauté the garlic and onion in a pressure cooker
2 Make a rub from the coriander and all spice, add to the 10 ml oil, and rub all over the meat
3 Brown the meat with the onion and garlic and add the lamb stock
4 Close the pressure cooker and cook 20 minutes
5 Remove the pot from the heat, release the pressure and leave to cool
6 Remove all the fat and cut the meat into small pieces
7 Use ½ teaspoon of cooked meat per arancini ball

PREPARE THE RISOTTO:

1 Melt the butter and sweat the onion and garlic in the butter
Add the rice, mix well until each kernel is covered
2 Add the wine and when it has cooked away add the stock little by little, waiting between each addition until all the liquid has evaporated before adding more
3 When the rice is soft but still al dente, remove from the heat
4 Add the cream and cheese and leave to cool
5 Using wet hands divide

the mixture into tablespoon amounts
6 Place a small amount of meat and a bit of mint jelly in the middle of each and roll into balls to enclose the filling
7 Roll the balls in flour, dip in the egg and finally roll in the fresh breadcrumbs to coat
8 Heat the vegetable oil in a large saucepan over medium heat until the temperature reaches 180°C
9 Carefully lower the arancini, in batches, into the oil and cook for 5-6 minutes or until golden and cooked through
10 Serve the arancini hot with extra mint jelly

4. COCKTAIL FRIKKADELS WITH ROASTED EGGPLANT DIP

Serves 6-8

Prep time 10 minutes

Cooking time 25 minutes

Total time 35 min

LAMB

1 large Onion, peeled and finely chopped
1 tablespoon Olive oil
6 tablespoons milk
2 thick slices Day old white bread, crusts removed
800 g Lamb mince
1 teaspoon Coriander seeds
1 teaspoon Fresh thyme or ½ teaspoon dried thyme
2 teaspoons Salt
1 extra large Egg, beaten
4 tablespoons Chutney
½ teaspoon Ground Nutmeg
¼ teaspoon Ground cloves
1 tablespoon Worcestershire sauce
2 tablespoons Red wine vinegar
Freshly ground pepper
1 large Carrot, peeled and coarsely grated

SMOKED EGGPLANT DIP

2 large Eggplant (aubergines)
1 small Onion, finely sliced
1 clove Garlic, crushed
4 tablespoons Olive oil
½ Lemon juice or 1 teaspoon vinegar
2 tablespoons Mayonnaise
½ teaspoon Salt
Freshly ground pepper
¼ cup Fresh parsley, chopped

HONEY MUSTARD MAYO DIP

¼ cup Dijon mustard
2 tablespoons Grainy Dijon mustard
1 cup Mayonnaise
5 tablespoons Honey
3 tablespoons Apple cider vinegar
1 tablespoon Lemon juice, freshly squeezed
½ teaspoon Salt
¼ teaspoon White pepper
2 tablespoons Olive oil

PREPARE THE LAMB:

1 Heat the oil in a pan over medium heat
2 Sauté the onions until soft and translucent but not brown
3 Leave aside to cool
4 Place the bread in a flat container and pour the milk over it and leave to soak
5 Press the additional milk out of the soaked bread and break up finely with a fork
6 Set aside
7 Place the coriander seed in a small pan and toast over medium heat
8 Crush the seeds and then sift to remove the skins
9 Sprinkle the sifted coriander over the minced lamb
10 Season with the thyme, salt, and pepper
11 Do not mix, cover and leave whilst preparing the other ingredients and sauces
12 Place the onion, bread, carrots, egg over the meat, do not mix

13 Add the chutney, vinegar, nutmeg, cloves, and Worcestershire sauce on top
14 Use a two-pronged fork and mix all the ingredients together until well blended but do not overmix or knead the mixture
15 Using wet hands, divide the mixture into tablespoon sizes and roll into small balls
16 Fry the small frikkadels in a little oil in a pan over medium heat
17 Fry until golden brown and crisp and just cooked on the inside
18 Drain on paper towel and serve with an accompanying sauce or dip

SMOKED EGGPLANT DIP:

1 Prick the aubergines with a fork and place them in the oven at 180°C for an hour or place them on the barbeque on the outside perimeter of the fire so as to cook slowly
2 Turn them around from time to time
3 Cook until soft and the skin charred
4 Remove from the oven and place in a colander to drain the juices from the eggplant
5 When cool sufficiently remove the charred skins from the eggplant
6 Chop the flesh and place in a blender with all the other ingredients, onion, garlic, olive oil, lemon juice, mayonnaise, salt, pepper and parsley and blend well
7 Garnish with some parsley and serve with pita breads

HONEY MUSTARD MAYO DIP:

1 Place the Dijon mustard, grainy mustard, mayonnaise, honey, vinegar, lemon juice, salt and pepper in a bowl and whisk until blended
2 Slowly add the oil while whisking, pour into a jar and refrigerate until ready to use





AMAZI MARINATED DEBONED BUTTERFLIED LEG OF LAMB WITH A CHIMICHURRI SAUCE

Serves 6 - 8

Prep time 10 minutes + 24 hours marinating; Sauce 15 minutes

Cooking time 30-40 minutes + 15 minute resting time

Total time 1 hour + marinating time

LAMB

1,5 kg Leg of lamb, deboned and opened butterfly style
2 teaspoons Salt
½ teaspoon Freshly ground pepper

MARINADE

500 ml Amazi
2 cloves Garlic
6-8 sprigs Fresh Rosemary

BASTING SAUCE

¼ cup Olive oil
2 tablespoons Melted butter
1 clove Garlic, finely chopped
1 tablespoon Balsamic vinegar
1 Lemon, juice and zest

CHIMICHURRI SAUCE

1/3 cup Red onion, roughly chopped
3 cloves Garlic, peeled and roughly chopped
¼ cup Red wine vinegar
3 tablespoons Lemon juice, freshly squeezed
1 cup Fresh parsley, Italian style flat leaf
¼ cup Fresh cilantro
¼ cup Fresh oregano
½ teaspoon Red pepper flakes or 1 tablespoon fresh red chili, chopped
½ teaspoon Ground coriander
½ cup Olive oil
1 teaspoon Salt
½ teaspoon Freshly ground pepper

PREPARE THE LAMB

1 Prepare the lamb the day before you want to cook it
2 Open up the deboned leg of lamb and lay it flat on a chopping board, skin-side down
3 Using a sharp knife make an incision halfway into the flesh on each side where the meat is thicker and open it out to look like an open book
4 This will give you a flat piece of lamb of more or less even thickness
5 Prepare the marinade
6 Mix the Amazi with the garlic and herbs and pour into a large Ziplock bag
7 Slide the butterflied lamb into the bag and seal
8 Massage the bag well to get the marinade into all parts of the meat
9 Refrigerate for 24 hours (3 hours minimum)
10 Remove the meat from the fridge at least 1 hour prior to cooking, so that the lamb comes up to room temperature and cooks evenly
11 Remove the meat from the Ziplock bag and wipe off most of the marinade
12 Reserve the marinade and prepare the basting sauce by mixing the oil, butter, garlic, balsamic and lemon juice together
13 Season the lamb with salt and pepper
14 Preheat your barbeque/weber until very hot
15 Once hot, cook the meat, fat side down for 15 minutes on a side until nicely browned, basting from time to time
16 Turn the meat over and cook on the other side
17 Cook the meat for 40-45 minutes in total, or until medium rare (internal temperature in the thickest part must register 57°C after resting 62°C) or until required doneness

18 Transfer the lamb to a warm platter and let it rest for 15 minutes, covered loosely with foil
19 Slice thinly across the grain
20 Garnish with grilled lemons and fresh rosemary on the side

PREPARE THE SAUCE:

[SAUCE CAN BE MADE 1-3 DAYS AHEAD OF SERVING]

1 Combine the red onion, garlic, vinegar, and lemon juice in a small bowl and leave to marinate for 10 minutes
2 Transfer the garlic mixture and liquids to a food processor or blender fitted with a metal blade
3 Add the parsley, cilantro, oregano, and chili and pulse a couple of times to chop the herbs finely
4 With the motor running add the oil slowly, stop the machine, scrape down the sides and add the coriander, olive oil, salt, and pepper
5 Pulse to combine
6 Store in a jar in the refrigerator for later use

NOTE: A meaty sauce can be made by roasting the lamb bones in a hot oven. Prepare the bones and a quartered onion in a roasting pan, season and roast in a hot oven 200°C for an hour. Remove the roasted lamb bones from the roasting pan. Pour a cup of hot water or stock into the pan and loosen the roasted bits from the pan add ½ cup of the retained marinade and stir until blended. Season with salt and pepper. Strain the sauce and pour into a gravy boat to serve with the lamb.





FESTIVE MEAL FROM THE EAST

ASIAN STYLED BARBEQUED LAMB

Serves 4-6
 Prep time 20 minutes
 Cooking time 30 minutes +
 15-30 minute marinating
 Total time 1 hour 20 minutes

Festive marinated Asian styled barbequed lamb served with grilled vegetables and a selection of sauces and a mealie rice bowl

LAMB

500 g Lamb loin or deboned leg of lamb, sliced very thinly
 1 Red onion, thinly sliced
 1 Carrot, thinly sliced
 1 cup Bean sprouts
 1 cup Green onions
 1 cup Broccolini stems
 1 cup Baby corn, halved length ways
 1 cup Snow peas
 2 Pak choy, quartered
 1 Sweet red pepper, cut into strips
 ½ tablespoon Vegetable oil
 1 ½ cup Mealie rice, steamed to serve

MARINADE

½ Onion, grated
 ½ Apple, peeled, cored, and grated
 1 clove Garlic, finely chopped
 2 tablespoons Fresh ginger, grated
 5 tablespoons Soya sauce
 2 tablespoons Mirin or use sherry
 1 tablespoon Vegetable oil
 2 tablespoons Orange juice
 1 tablespoon Sugar
 ¼ tablespoon Pepper

SAUCE: SOYA BASED

1 tablespoon Cornstarch
 1 tablespoon Soya sauce
 3 tablespoons Hoisin sauce
 2 tablespoons Mirin or sherry
 ¾ cup Water
 ½ teaspoon Sesame oil
 ½ teaspoon Sesame seeds, freshly ground

SAUCE: PEANUT

1 teaspoon Vegetable oil
 ½ Onion, grated
 1 clove Garlic, finely chopped
 ½ cup Peanut butter
 1 teaspoon Chili powder
 ¼ cup Soya sauce
 1 tablespoon Lemon juice

PREPARE THE MARINADE:

1 Prepare the marinade by mixing the onion, apple, garlic and ginger
 2 Add the soya sauce, mirin, orange juice, sugar, and pepper
 3 Blend all the ingredients together
 4 Add the slices of lamb to the marinade
 5 Mix and marinate for 15-30 minutes

NOTE: Placing the lamb in the freezer for an hour or two makes it easier to slice the lamb very thinly

PREPARE THE LAMB AND VEGETABLES

1 Place all the sliced and prepared vegetables on a plate alongside an electric or gas hotplate
 2 Turn the heat to medium high and add some vegetable oil to the pan
 3 Place some vegetables around the edges, and then turn the heat down to Medium
 4 Cook the vegetables for about 2-3 minutes
 5 Add some of the lamb slices

in the middle of the pan and continue to cook for 3-5 minutes until the lamb is cooked
 6 Turn the meat and vegetables from time to time to prevent over cooking
 7 Spoon some of the marinade over the vegetables whilst cooking
 8 When the lamb is cooked through, plate the finished meat and vegetables
 9 Repeat the cooking process until all the ingredients have been cooked
 10 Add the sauce to the hotplate
 11 Stir and let simmer for 1-2 minutes until thickened
 12 Serve warm with steamed rice and any additional sauces of your choice

PREPARE THE SOYA-BASED SAUCE:

1 Mix the cornstarch with the soya sauce, mix in the remaining sauce ingredients, Hoisin sauce, mirin water sesame oil and sesame seeds
 2 Pour over the meat and vegetables once they are cooked or if preferred cook until thickened and serve separately

PREPARE THE PEANUT SAUCE:

1 Heat the oil in a pan over medium heat
 2 Fry the onions and garlic until soft and translucent, not brown
 3 Add the chili powder and mix
 4 Add the peanut butter and stir until melted
 5 Add the soya and lemon juice and blend well
 6 Place in a serving dish and serve with the Asian barbeque



HERBED RACK OF LAMB FOR TWO WITH A RED WINE SAUCE

HERBED RACK OF LAMB FOR TWO WITH A RED WINE SAUCE

Serves 2

Prep time 10 minutes

Cooking time 25 minutes + 10 minute standing time

Total time 45 minutes

LAMB

- 2 x 200g 2 Bone rack of lamb, trimmed
- 1 tablespoon Olive oil
- 1 teaspoon Salt
- ½ teaspoon Freshly ground pepper
- 1 tablespoon Butter
- 2 cloves Garlic, peeled
- 50 g Pistachios, shelled, unsalted
- ½ cup (30g) Fresh parsley, stems removed
- ¼ cup (7g) Fresh mint
- ¼ cup (7g) Chives
- 2 tablespoons Fresh breadcrumbs
- ½ teaspoon Nutmeg, grated
- 4 teaspoons Dijon mustard
- 1 tablespoon Olive oil (additional)

SAUCE: RED WINE

- ½ Red onion, finely chopped
- 1 tablespoon Olive oil
- 1 cup Red wine (pinotage or merlot)
- 1 teaspoon Fresh rosemary, minced
- 1 teaspoon Fresh chives, chopped
- ½ teaspoon Fresh thyme, minced
- 1 cup Lamb / beef stock
- 2 tablespoons Butter
- Salt and freshly ground pepper to taste

PREPARE THE LAMB AND VEGETABLES

- 1 Remove the lamb from the refrigerator and bring to room temperature prior to cooking
- 2 Preheat the oven to 180°C
- 3 Score the fat by making shallow cuts into the fat, about 2 cm apart

- 4 Drizzle the lamb racks with olive oil and season meat all over with salt and pepper
- 5 Sear the racks of lamb for 2-3 minutes in a hot frying pan with a little olive oil and butter
- 6 Use tongs and turn the lamb until golden all over
- 7 Remove the racks to a roasting pan and leave to cool
- 8 Place the garlic, pistachios, parsley, mint, and chives in a food processor
- 9 Add the bread and nutmeg
- 10 Process into a fine crumb
- 11 Add oil and blend
- 12 Place in a shallow tray
- 13 Brush each lamb rack with mustard, then press into the crumb mixture, covering the top and sides
- 14 Place the lamb crumb side up on the roasting pan
- 15 Roast for 25 minutes, until the crust is crisp
- 16 Remove from the oven and leave to rest for 10 minutes

PREPARE THE RED WINE SAUCE:

- 1 Prepare the red wine sauce whilst the lamb is resting
- 2 Place the roasting pan in which the lamb was cooked on the stove over medium heat
- 3 Add the onions to the pan drippings
- 4 Cook, loosening the pan drippings and cook for 3-4 minutes, until the onions are translucent and tender
- 5 Add the wine, rosemary, chives, and thyme
- 6 Boil until the wine has reduced to about half
- 7 Add the stock and continue to cook over medium heat until reduced to about a ¾ cup
- 8 Add the butter and stir until well blended
- 9 Taste and correct the seasoning
- 10 Strain and serve with the lamb
- 11 Carve the lamb, cutting down between the bones and serve with pan roasted smashed potatoes, vegetable (cauliflower and broccoli) gratin and a green tomato and mint salad

SLOW COOKED LAMB FILO PIE WITH BUTTERNUT AND ROOT VEGETABLES AND A ROASTED LEMON SAUCE



SLOW COOKED LAMB FILO PIE WITH BUTTERNUT AND ROOT VEGETABLES AND A ROASTED LEMON SAUCE

Serves 6

Prep time 20 minutes

Cooking time 3 hours

Total time 3 hours 20 minutes

LAMB

- 1 tablespoon Olive oil
- 1,5 kg Neck/shoulder/knuckles of lamb
- 1 teaspoon Salt
- Freshly ground pepper
- 2 Onions, chopped
- 250 ml White wine or juice of 1 lemon
- 1 Lemon, juice and zest
- 1 tablespoon Worcestershire sauce
- 8 Cloves, whole
- 1 Cinnamon stick
- 1 blade Mace
- 2 Bay leaves
- 10 Peppercorns
- 2 cups Beef/lamb stock
- 250g (2 cups) Butternut, peeled and cut into large chunks
- 2 Carrots, peeled, cut into thick slices
- 2 Parsnips, peeled, cut into chunks
- 2 Beetroot, roasted, peeled, and cut into quarters
- 2 tablespoons Fresh mint, finely chopped
- 4 tablespoons Fresh parsley, chopped
- 200 g Feta, roughly chopped

PASTRY

- 10 sheets Filo pastry
- 4 tablespoons Melted butter
- 2 tablespoons Flaked almonds
- 2 tablespoons Pomegranate rubies

SAUCE

- 3 Lemons
- 2 cloves Garlic, finely chopped
- 5 tablespoons Olive oil
- ½ teaspoon Salt

Freshly ground pepper
1 tablespoon Fresh Origanum, finely chopped

MARINADE THE LAMB

- 1 Heat the oil in a large heavy-based saucepan
- 2 Trim and cut the neck into 5 cm pieces
- 3 Season with salt and freshly ground pepper
- 4 Cook in batches, for 8-10 minutes or until golden brown
- 5 Remove from the pan and set aside
- 6 Add the onion and cook until transparent
- 7 Return the lamb to the saucepan and pour the wine and lemon juice slowly over it
- 8 Add the lemon zest, Worcestershire sauce, cloves, cinnamon, bay leaf and peppercorns
- 9 Add the stock and bring to the boil
- 10 Cover with a lid, reduce the heat to low and cook for 1 ½ hours until the lamb is tender
- 11 Add the butternut, carrots, parsnips, and roasted beetroot
- 12 Increase the heat to medium and cook for 20-30 minutes until butternut is almost tender and the sauce has reduced
- 13 Discard the cinnamon stick and bay leaves and remove the bones from the meat if desired
- 14 Add the mint and parsley and mix gently
- 15 When slightly cooler add the chopped feta
- 16 Leave the meat filling to cool whilst preparing the fillo pastry
- 17 Preheat the oven to 200°C
- 18 Open the fillo pastry and brush one sheet at a time with butter, scrunch up and place on top of the pie

- 19 Continue with the remaining sheets until the casserole dish is covered
- 20 Drizzle with the remaining butter over the top and scatter with almonds
- 21 Bake for 25 minutes or until pastry is crisp and golden
- 22 Scatter with pomegranate seeds just before serving
- 23 Serve with a roasted lemon sauce

PREPARE THE SAUCE:

- 1 Preheat the oven to 220°C
- 2 Place the oven rack in the middle of the oven
- 3 Halve the lemons and remove the pips
- 4 Place the lemons cut side up in a small baking dish
- 5 Season with salt and freshly ground pepper
- 6 Add the garlic and drizzle with 2 tablespoons of olive oil
- 7 Roast until the lemons are soft and lightly browned, about 30 minutes
- 8 Remove from the oven and leave to cool
- 9 When the lemons are cool enough to handle, squeeze the juice into the baking dish
- 10 Pour the contents of the baking dish into a blender
- 11 Add the remaining olive oil
- 12 Blend until all the ingredients are completely pureed and the sauce has a thickened consistency
- 13 Season to taste
- 14 Serve warm or at room temperature
- 15 Serve lamb pie accompanied by a rice salad and a baby marrow, cucumber, and herb salad



ROLLED SHOULDER OF LAMB WITH A PISTACHIO AND SOUR CHERRY STUFFING AND A LAMB PAN AND PORT SAUCE

Serves 4-6
 Prep time 20 minutes
 Cooking time 3 hours 15-30 minutes marinating
 Total time 1 hour 20 minutes

LAMB

1,5 kg Boneless shoulder of lamb
 Bones and off cuts from deboned shoulder of lamb
 1 Lemon, quartered and pips removed
 2 teaspoons Ground cinnamon
 1 ½ teaspoon Salt
 1 teaspoon Black pepper, freshly ground
 2 tablespoons Olive oil
 1 tablespoon Gelatin, powdered
 2 Red onions, peeled and quartered
 ½ liter Sour cherry juice or another berry juice
 2 cups Boiling water
 2 tablespoons Pomegranate molasses

STUFFING

1/3 cup Couscous
 ½ cup Vegetable stock, hot
 1/3 cup Pistachios, chopped, shelled & unsalted (Karoo Pistachios)
 1/3 cup Sour cherries, pitted, drained [keep juice for cooking lamb in]
 100 ml Vegetable stock
 4 tablespoons Fresh mint, finely shredded
 2 Spring onions, chopped, include the green stems
 1 Orange, zest, and juice

SAUCE

½ cup Red wine
 ½ cup Port
 1 cup Chicken stock
 ½ teaspoon Salt
 ½ cup - 1 cup Pan juices from roasted lamb

MARINADE THE LAMB

1 Place the lemon, cinnamon, salt, pepper, and oil in the blender
 2 Blend until smooth and pour into a large Ziplock bag
 3 With the tip of a sharp knife score the outer layer of skin and fat of the lamb, but do not cut into the meat, cross-hatching the entire surface of the lamb
 4 Place the lamb in the large Ziplock bag with the marinade, seal tightly and shake the bag around so that the entire lamb shoulder is covered with the marinade
 5 Leave in the fridge for 24 hours or up to 2 days
 6 Remove the lamb from the fridge 1 hour before cooking

PREPARE THE STUFFING

1 Prepare the stuffing; place the couscous in a large bowl and add the hot stock and leave for 5-10 minutes until all the liquid is absorbed
 2 Loosen with a fork and set aside to cool
 3 Stir in the chopped pistachios, drained sour cherries, mint, spring onion, orange juice and zest
 4 Mix well together

PREPARE THE LAMB

1 Pre-heat the oven to 170°C
 2 Remove the meat from the marinade
 3 Place the meat on a chopping board, meaty side up
 4 Sprinkle the gelatin over the meaty side
 5 Spread the stuffing evenly over the lamb shoulder, be careful to not overfill
 6 Roll up and secure with butcher's twine
 7 Spread the remaining marinade over the rolled-up lamb
 8 Season with salt and freshly ground pepper
 9 Place the quartered onions and lamb

bones in a large oven roasting pan
 10 Place the lamb on a rack that fits over the pan and add 2 cups of boiling water and the drained cherry juice to the pan
 11 Cover the meat with a tinfoil tent
 12 Place the rack in the bottom half of the oven
 13 Roast for 2 hours
 14 Remove the foil, carefully pour the meaty cherry juices from the pan into a large saucepan and add the pomegranate molasses
 15 Increase the oven temperature to 220°C, recover the lamb and continue cooking for 30 minutes
 16 Boil the meaty cooking liquid over high heat until reduced, thick, and syrupy, about 15-20 minutes
 17 Pour the thick cherry glaze over the lamb and onions and return to the oven for another 10 minutes uncovered until the glaze is bubbling and starting to char, and the lamb is tender
 18 Remove the lamb from the oven, transfer the roasted lamb to a warm platter and rest for 15 minutes covered with foil whilst making the sauce

PREPARE THE SAUCE:

1 Pour the red wine and port into the roasting pan in which the lamb was cooked
 2 Place over medium heat, and scrape up the browned bits from the bottom of the pan
 3 Add the stock and salt and bring to a simmer
 4 Cook, stirring until liquid has reduced to 1 ½ cups, about 10-12 minutes
 5 Skim the fat of the surface if required
 6 Strain the sauce into a gravy boat and serve hot with the sliced lamb
 7 Serve with yogurt, mixed with pomegranate seeds and mint leaves on the side

