



PANCAKE POCKETS

STUFFED WITH PULLED LAMB AND CREAMY SPINACH



LAMB

1, 5 kg Lamb shoulder, bone-in
2 teaspoons Cinnamon, ground
2 teaspoons Cumin, ground
1 tablespoon Oregano, dried
1 Preserved lemon, quartered
½ cup Olive oil
2 cloves Garlic, crushed
1 teaspoon Salt
½ teaspoon Black pepper
2 medium Red onions, peeled
and quartered
500 ml Red berry juice
250 ml Dry red wine
250 ml Lamb stock
4 tablespoons Moskonfyt or Honey
1/3 cup Dried cranberries
½ cup Mint, fresh, finely shredded
½ cup Feta, crumbled

SPINACH

500 g Spinach, roughly chopped
1 tablespoon Olive oil
½ Salt
¼ teaspoon Freshly ground pepper
½ teaspoon Nutmeg
250 g Cream cheese

PEPPADEW

1 cup Peppadews, chopped
1/3 cup Olive oil
1/3 cup Dates, chopped
2 teaspoons Dijon mustard
1 teaspoon Garlic, crushed
1 teaspoon Oregano, fresh, chopped
½ teaspoon Salt

PANCAKES

2 cups Flour
3 Eggs
1 teaspoon Baking powder
1 cup Milk
2 cups Water
½ cup Oil
½ teaspoon Salt
1 teaspoon Vinegar



Pancakes stuffed with spicy pulled lamb (shoulder), creamy spinach, crumbled feta and a peppadew tapenade.



PREPARE THE LAMB:

1. Place the garlic, cinnamon, cumin, oregano and lemon in a blender. Add salt and pepper and blend until smooth.
2. Place the lamb in a large roasting pan and pour the marinade over the lamb, massage all over the lamb and place in the fridge for 24 hours or up to 2 days.
3. Remove the lamb an hour before cooking. Pre-heat the oven to 160°C. Place the onions around the lamb and pour over the juice, wine and stock. Cover the lamb with foil and cook for 3 hours.
4. Remove the foil, pour off the liquid from the pan into a large saucepan. Place the lamb back into the oven and continue to cook for another 30 minutes. Add the moskonfyt and cranberries to the sauce and cook over high heat until sauce has reduced and is thick and slightly syrupy about 30 minutes.
5. Remove the lamb from the oven, shred using 2 forks and mix with the onions in the roasting pan. Pour over some of the sauce to moisten the lamb and stir in the shredded mint.

PREPARE THE PANCAKES: (WHILE LAMB IS IN THE OVEN)

6. Sift the flour, baking powder and salt together. Mix the milk, water, vinegar, and oil together. Add the eggs, beat the mixture with a fork until blended. Make a well in the mixture and gradually add the milk mixture to the dry ingredients. Do not overmix. Leave the batter to stand for an hour. Fry a ladle of batter in a crepe pan that has been lightly oiled. Flip the pancake when crispy and brown and fry on the other side.

Repeat until all the batter has been used.

PREPARE THE SPINACH

7. Place the spinach in a colander and rinse. Pour the olive oil in a large pan and heat over medium heat. Place the spinach in the pan and sprinkle with the salt. Cover with a lid and let the spinach steam until limp. Remove the lid and stir. Let the moisture evaporate. Add the pepper, nutmeg and cream cheese and mix until blended. Set aside until ready to assemble the pancake pocket.

PREPARE THE TAPENADE

8. Place the peppadews, olive oil, dates, mustard, garlic, oregano and salt in a food processor or use a stick blender. Pulse the mixture until all the ingredients are finely chopped. Keep aside until ready to assemble the pancake pocket.

ASSEMBLE THE PANCAKE POCKET

9. Place the pancake on a plate with the best side facing down. Spread 1 tablespoon of the peppadew tapenade all over the pancake. Place the lamb filling in the middle of the pancake and spread it out to fill the middle of the pancake. Place about 2 tablespoons of creamed spinach on top of the lamb filling. Sprinkle a little crumbled feta over the spinach and fold the pancake into a shape desired to form a pocket. Serve with chutney and a mint raita.

EQUIPMENT: LA GERMANIA

YIELDS: 4-6 servings

PREP TIME: 20 minutes plus overnight marinade

COOKING TIME: 3 hours 30 minutes

TOTAL TIME: 3 hours 50 minutes

