



INGREDIENTS

2 onions, sliced
1 head of garlic,
halved widthways
1,5 kg lamb shoulder
on the bone
410-g can tomato
purée
410-g can chopped
tomatoes
60 ml harissa paste
30 ml whole fennel
seeds
20 ml whole cumin
seeds
500 ml beef stock
salt and freshly ground
black pepper

Dhal

45 ml olive oil
30 ml butter
15 ml whole cumin
seeds
6 dried or fresh curry
leaves
1 onion, finely
chopped
1 chilli, finely chopped
410-g can chopped
tomatoes
360 g (400 ml) dried
yellow lentils
25 ml turmeric
2 carrots, peeled and
grated
2 litres water

Lamb shoulder with African flavours

I like using harissa. It's a quick and easy way to add extra flavour to food and just works so well with lamb. Serve the shoulder on its own or together with the dhal for an all-in-one feast.

Enough for 8

Preheat oven to 200 °C. Place onions and garlic halves in oven roasting pan. Place lamb shoulder, fatty side up, on top of onions. Use a sharp knife to make deep cuts about 1 cm apart in the fat. Mix tomato purée, chopped tomatoes, harissa, fennel, cumin and stock together. Season meat with salt and pepper and pour tomato mixture over meat. Cover roasting pan with lid or foil. Roast for 2 hours. While lamb is roasting, make dhal: Heat pressure cooker on high heat until hot. Add olive oil and butter. Stir-fry cumin, curry leaves, onion and chilli 3-5 minutes or until aromatic. Add tomatoes, lentils, turmeric and carrots. Mix through and add water. Close pot and bring to full steam. Steam 30 minutes. Remove cover from lamb and roast open another 30 minutes or until golden brown. Spoon dhal onto serving plate and place lamb on top. Pour pan juices over and serve.

