

Spiced Slow-Cooked Lamb Shanks



Jamie Oliver's (BEST EVER Pukka) Spiced Slow-Cooked Lamb Shanks

4 x lamb shanks
sea salt and freshly ground black pepper
1 x teaspoon coriander seeds
1 x small dried red chilli (or 2 teaspoons fresh chilli)
1 x tablespoon fresh rosemary (chopped)
1 x teaspoon dried oregano or marjoram
1 x tablespoon flour
1 x tablespoon olive oil
1 x clove garlic, finely chopped
1 x large carrot, quartered, finely, sliced
6 x sticks celery, quartered, finely, sliced
2 x large onion, finely chopped
1 x tbsp fresh rosemary
2 x tbsp balsamic vinegar
170 ml dry white wine
6 x anchovy, fillets
2 x 400g tins of plum tomatoes
1 handful fresh basil, roughly, chopped (I prefer continental parsley)

Season the lamb with sea salt and freshly ground black pepper. Smash up the coriander seeds and dried chilli and mix with the

dried marjoram. Roll the lamb in this mixture, pressing it in well. Dust the lamb with the flour.

Heat a thick-bottomed casserole pan, add the oil, brown the meat on all sides and then remove from the pan.

Add the garlic, carrot, celery, onions the chopped rosemary and a pinch of salt and sweat them until softened.

Add the balsamic vinegar and allow it to reduce to a syrup.

Pour in the white wine and allow to simmer for 2 minutes.

Add the anchovies (these really seem to intensify the lamb flavour) and then add the tinned tomatoes, kept whole. Shake the pan and return the lamb to it.

Bring to the boil, put on the lid and simmer in the oven at 180 C/350 F for 1.5 – 2 hours, then remove the lid and cook for a further half an hour.

Skim off any fat and taste for seasoning. Finally, stir in a handful of roughly chopped fresh basil, marjoram or flat-leaf parsley.

NB – If you don't have any white wine handy, I use a mixture of verjuice and stock. The cookbook says it serves four, but if you take the meat off the bones and shred it, it will easily make it to five. I serve this off the bone with either mash, cous cous or rice.

Leg of Lamb



Ingredients

1 lemon, strips of zest removed with a peeler and juice squeezed

6 cloves garlic

1/2 cup plus 3 tablespoons olive oil

salt and black pepper

1 2.5-3kg bone-in leg of lamb

1.4 kg very small carrots, scrubbed

2 cups fresh flat-leaf parsley

1 cup fresh mint leaves

6 scallions or onion , chopped

2 teaspoons honey

Directions

-Heat oven to 200° C. In a food processor, pulse the lemon zest, garlic, 2 tablespoons of the oil, and 1 teaspoon each salt and pepper until coarsely chopped.

-Place the lamb in a large roasting pan and rub with the lemon mixture. In a large bowl, toss the carrots, 1 tablespoon of the remaining oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper; set aside.

-Roast the lamb to the desired doneness, 90 to 105 minutes for medium-, adding the carrots to the pan after the lamb has cooked for 50 minutes. Transfer the lamb to a cutting board, cover loosely with foil, and let rest for at least 15 minutes before slicing.

-Meanwhile, in the food processor, puree the parsley, mint,

scallions, honey, lemon juice, the remaining $\frac{1}{2}$ cup of oil, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper. Serve with the lamb and carrots.

Recommended wine: The well-balanced Welmoed Cabernet Sauvignon will complement this dish. This medium to full bodied wine has a nose reminiscent of dark berry fruit with hints of nutmeg, cassis and vanillin. The wine has a very elegant well structured palate with ripe fine tannins and a lingering rich finish.

LAMB SHANK POTJIE



LAMB SHANK POTJIE AKA DUTCH OVEN: [bbqmaster Cadac Products]
Made a Lamb shank potjie in my Cadac no 3 potjie pot. I cooked it for almost 7 hrs and it nearly fell off the bone .

I served the Lamb Shank and vegetables broth on a bed of rice.

INGREDIENTS:

Lamb Shank – Slow cooked

olive oil

2*onions chopped up + 3 garlic cloves (saute a little before adding the lamb)

carrots, green runner beans, potato , tin chopped up tomatoes , Jerusalem Artichokes

Shallots (small onions) , basil , rosemary , oregano , pepper,

coriander , salt, 2* veg stock cubes, 500ml boiling water for stock ,desert spoon Worchestershire sauce ,Bay leave, 2 desserts spoons of apricot jam as a substitute for 2 hands fulls of dried apricots., 250ml red + 250 ml white wine, or vermouth as a substitute for the rind of lemon and orange mixed with some more rosemary before serving .

Lamb kebabs (sosaties)



Ingredients

- **2.5 kg** lamb shoulder, boned, skin removed, trimmed, cut into 3 cm cubes
- **500 g** ($3\frac{1}{3}$ cups) large dried apricots
- **3** onions, cut into 3cm wedges

Marinade

- **110 g** ($\frac{1}{3}$ cup) apricot jam
- **80 ml** ($\frac{1}{3}$ cup) white wine vinegar
- **55 g** ($\frac{1}{4}$ cup) brown sugar
- **3** bay leaves
- **4** garlic cloves, finely chopped
- **2 tsp** ground turmeric
- **40 g** ($\frac{1}{3}$ cup) mild korma curry powder

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Instructions

Marinating time overnight

Soaking time 30 minutes

Start this recipe a day ahead to marinate lamb. You will need 12 metal skewers.

To make marinade, combine all ingredients in a large bowl. Transfer one-quarter of the marinade to a small bowl and set aside. Add lamb pieces to remaining marinade and toss to coat. Refrigerate overnight.

Soak apricots in hot water for 30 minutes or until plump. Drain and set aside. Thread 4 lamb pieces alternately onto each skewer with 3 apricots and 3 onion wedges.

Heat a barbecue or chargrill plate to medium. Cook skewers, brushing with reserved marinade and turning them occasionally, for 15 minutes or until browned and cooked through.

Photography by Brett Stevens.

SKILPADJIES



SKILPADJIES: [PICK N PAY RECIPES]

An authentic Karoo hors d'oeuvre. Order them ready-made from selected PnP stores if the ingredients give you.

INGREDIENTS:

1 lamb/ox liver

1 lamb heart

2 lamb kidneys

1 PnP red onions

1 pinch PnP salt, or to taste

1 caul fat, (fatty membrane that surrounds internal organs)

WHAT TO DO:

- Mince heart, kidneys, liver, onion and seasoning together.
 - Cut caul fat into 10cm squares.
 - Spoon 1 Tbsp (15ml) mince mixture into the centre of each square.
 - Fold into parcels and secure with a toothpick.
 - Place in a freezer-proof container and freeze.
 - Thaw several hours before needed.
 - Braai skilpadjies (still slightly frozen) over medium coals until cooked through and crispy.
 - Serve immediately.
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Slow-roasted lamb (mechoui)



Ingredients

- 1½ tsp ground allspice
- ½ tsp ground cinnamon
- 2 tsp ground cumin
- 1 tsp dried chilli flakes
- 1 tsp ground turmeric
- 3 garlic cloves, crushed
- 100 g unsalted butter, softened
- 2.5 kg lamb shoulder, bone in
- 2 tsp cumin seeds, toasted, roughly ground
- 1 tbsp sea salt flakes
- bread and orange wedges, to serve

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Instructions

Preheat oven to 140°C. Combine spices, garlic and butter in a bowl. Rub mixture all over lamb and season with salt. Completely enclose lamb in two large sheets of foil and place in a deep roasting pan. Roast for 8 hours or until meat is meltingly tender and comes away easily from the bone.

Combine cumin seeds and sea salt in a small bowl. Shred lamb into large pieces and serve with cumin salt, bread and orange wedges.

Marokkaanse frikkadelle



Genoeg vir: 4-6

Bereidingstyd: 20 minute

Gaarmaaktyd: 40 minute

- 500 g lams- of beesmaalvleis
- 50 ml elk gekapte vars pietersielie en koljanderblare
- 3 ml fyn komyn
- 1 klein ui, fyngekap

- 2-3 vars rooi rissies, ontpit en fyngekap
- olyfolie vir braai
- couscous om voor te sit

Sous

- 2 knoffelhuisies, fyngedruk
- 2 middelslag-ueie, fyngekap
- 1 groen soetrissie, gekap
- 2 blikke heel tamaties, gekap
- 5 ml elk fyn komyn en kaneel
- 3 ml gemaalde swartpeper
- 30 ml vars suurlemoensap
- 'n hand vol droë-appelkose, middeldeer gesny
- 10 ml heuning
- 1-2 vars rooi rissies, ontpit en gekap
- 50 ml gekapte vars pietersielie

1 Meng al die bestanddele vir die frikkadelle en geur dit na smaak met sout. Rol dit in bolletjies van 2,5 cm. (Maak jou hande nat om die rolwerk makliker te maak.)

2 Verhit 'n kastrol en gooi 'n bietjie olyfolie daarin. Braai 'n paar frikkadelle op 'n slag totdat almal goudbruin en gaar is. Hou dit eenkant.

3 Sous Verhit nog 'n bietjie olie en gooi die knoffel, ui en soetrissie by. Soteer die mengsel tot sag. Voeg die res van die sousbestanddele (behalwe die pietersielie) by. Verhit dit tot kookpunt, verlaag die hitte en laat dit vir 30 minute met die deksel op prut.

4 Laat die frikkadelle vir 10 minute in die sous prut. Roer die pietersielie by en geur dit. Sit dit voor op couscous.

Slow-cooked lamb shoulder, pearl onions, young garlic and rosemary



Ingredients

- 2 brown onions, sliced
- 4 rosemary sprigs
- 3 bay leaves
- 1 litre chicken stock
- 1 lamb shoulder, bone-in (approximately 2 kg)
- 12 pearl onions, with stalks attached
- 8 small bulbs young garlic (see note)

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

Instructions

Preheat oven to 150°C.

Place the sliced onion, herbs and chicken stock in a baking tray that is large enough to hold the lamb with a bit of extra room to add things.

Season the lamb shoulder very heavily with lots of salt and pepper and place it in the baking tray skin-side up. Cover the lamb first with a sheet of baking paper, then use a large sheet of foil to cover the top of the lamb and around the baking dish. Place in the oven and then step away, carry on with your life and forget about it for the next 6 hours.

At this stage there should be delicious aromas coming out of your kitchen. Prepare the pearl onions by trimming the tips, peeling off any outer layers of skin that look papery, and cutting the stalks a little but leaving about 6 cm of the green. If you are lucky enough to have found some bulbs of young garlic, cut the stems off and peel off the papery outer layer.

Pull the lamb out of the oven, carefully peel off the foil without burning yourself and lift the baking paper. Stop, admire your lamb and then scatter the pearl onions and garlic around the baking dish. Re-cover with baking paper and foil and bake in the oven for another 1 hour.

Again, carefully pull out the lamb, turn up your oven to 220°C or as high as it will go, un-wrap the foil and take away the baking paper. Back in it goes for the final half hour to give you a nice crispy skin.

Once it's ready, the lamb should be so soft that all you need to do is tear the flesh away with a pair of tongs.

Serve the lamb on a platter with the pearl onions and young garlic, and the delicious melty onion sauce poured over the

top. An extra drizzle of oil and a few turns of black pepper are also good.

Appropriate served with nearly any vegetable or salad that takes your fancy (see note).

Note

- Young garlic isn't always easy to find so if you are having trouble substitute 2 heads worth of garlic cloves peeled and left whole.
- Serve with some [fennel salt and salsa verde](#) for a bit of extra spring greenness. It would also be very delicious with a side of [minted peas with chargrilled baby cos](#).

Photography by Benito Martin