



Miele

Slow-cooked spiced shoulder of lamb with roasted baby carrots

By Miele

20 minutes

3 hours 50 minutes

6

Serves

INGREDIENTS

Lamb	Roasted carrots	Marinade	Orange dressing
2kg boned lamb shoulder	200g baby orange carrots, peeled	1 teaspoon ground cumin	80ml olive oil
4 red onions, thickly sliced	210g baby purple carrots, peeled	1 teaspoon each cardamom	20ml red wine vinegar
1 garlic bulb, skin on, cut horizontally	2 tablespoon sunflower seeds, toasted	1 teaspoon allspice	2 clove garlic, crushed
250ml red wine	2 tablespoon pumpkin seeds, toasted	1 teaspoon smoked paprika	1 teaspoon finely grated orange zest
250ml vegetable stock		2 tablespoons olive oil	
Salt flakes and ground pepper to taste			

METHOD

Lamb

1. Pre-heat the oven on Fan Plus at 220°C.
2. Combine all the marinade spices in a small bowl with the oil.
3. Lightly score the skin side of the lamb. Place skin side down in a lightly oiled, medium Gourmet oven dish and season generously with salt and pepper.
4. Rub over half the spice oil then turn over. Season and rub in the remaining spice oil.
5. Place in the oven and roast for 10 minutes to sear the lamb.
6. Remove the lamb from the oven. Select Combination Mode: Fan plus at 120°C + 80% moisture + 3 hours 30 minutes. You will be prompted to “open oven door to cool down”.
7. While the oven is cooling, add the onions and garlic to the pan, pushing some of them under the lamb. Season and then pour the red wine and stock into the dish, but not over the meat.
8. Cook the lamb for 3 1/2 hours, or until it pulls apart easily with a fork.
9. Transfer the lamb onto a plate and cover to keep warm.
10. Place oven dish onto the Induction, remove any surface fat, and then squeeze in the flesh from 4 of the cooked garlic cloves. Cook on high heat, Induction setting 8, for 5 minutes.
11. Return the lamb to the sauce and while the carrots are cooking shred the meat using two forks.

Roasted carrots

1. Toss carrots in olive oil, salt and pepper and place on the round baking tray.
2. Place in oven and select Fan Plus at 180°C and cook for 20 minutes.
3. Whisk oil, vinegar and garlic in a bowl and season. Add the orange zest and mix.
4. Remove carrots from the oven and toss through the dressing.

To serve

1. Place the lamb in the centre of bowl and dollop 1 tablespoon of Greek yoghurt off to the side. Top the yoghurt with carrots and sprinkle over the seeds.