



SPRING LAMB SHOULDER WITH PEAS & ROASTED ROOT VEGETABLES

RECIPE BY BRYAN NIELSEN

INGREDIENTS

1 lamb shoulder, bone in
4 celery stalks, coarsely chopped
1 each carrot and onion, coarsely chopped
6 garlic cloves, unpeeled, bruised
750ml dry white wine
1 tsp each coarsely chopped thyme, sage and rosemary
180 gm fresh peas
Roasting vegetables (eg. dutch carrots, baby beetroots, parsnips, onion)
Oregano and garlic to season roasting vegetables

To serve:
Pecorino Toscano, grated finely long red chilli, julienned, seeds removed
Zested lemon rind and juice, oregano and extra-virgin olive oil Dark

METHOD

1. Preheat oven to 100C
2. Heat a large non-stick frying pan over medium-high heat, season lamb with salt and pepper and brown starting skin-side down until golden all over (approx. 10 minutes).
3. Arrange vegetables in the centre of a roasting pan and scatter garlic around, then place lamb on top, pour wine over, scatter with herbs, season to taste, cover with foil and braise in oven until meat is falling from the bone (10 to 12 hours)
4. Blanch peas in boiling water (2-4 minutes), then drain and season.
5. Preheat oven to 220C fan-forced. Toss dutch carrots, baby beetroots, parsnips, onion, oregano, garlic and oil in a roasting pan to combine and roast until vegetables are golden and bases are caramelised (approx. 30 minutes)
6. Transfer lamb to a platter and top with peas, grated pecorino, chilli and lemon rind, squeeze lemon juice over, scatter with oregano, drizzle with extra-virgin olive and arrange roasted root vegetables around the lamb on the platter.