

PULLED LAMB SHOULDER WITH DUKKAH AND CHILLI

EQUIPMENT

CHEFS KNIFE, FORKS, CAST IRON CASSEROLE DISH (OR THE LIKE), MIXING BOWL

INGREDIENTS

1 BONELESS LAMB SHOULDER, 50GM DUKKAH SPICE MIX, ½ LARGE BROWN ONION, ½ LONG RED CHILLI,
400GM WHITE WINE, SALT, PARSLEY OR CORIANDER TO GARNISH

METHOD

TO BEGIN: SLICE THE ONION AND CHILLI AND PLACE INTO A LARGE CASSEROLE DISH, POUR OVER THE WHITE WINE AND SET ASIDE. SEASON THE LAMB WITH SALT AND RUB THE DUKKAH SPICE MIX OVER THE LAMB GENEROUSLY ON BOTH SIDES.

PLACE THE LAMB ON TOP OF THE ONION AND CHILLI MIX AND PLACE INTO A PRE-HEATED OVEN COMBI SETTING (75% STEAM) 140°C FOR 2.5 HOURS.

ONCE COOKED REMOVE FROM THE OVEN AND USE TWO FORKS TO 'PULL' THE LAMB APART, GARNISH WITH CHOPPED CORIANDER AND PARSLEY AND SERVE WITH WHOLE ROASTED CAULIFLOWER.

HINTS & TIPS

- THIS MAY GO DOWN AS OUR EASIEST RECIPE WITH ONLY 4-5 INGREDIENTS YOU CAN WHIP THIS UP IN NO TIME.

- USING A HIGH PERCENTAGE OF STEAM IN A COMBI MODE PREVENTS THE LAMB FROM DRYING OUT AND THE SAUCE FROM REDUCING TOO MUCH.