

SPICED SLOW-COOKED

MIDDLEHURST LAMB SHOULDER



THE
NORTH
COURSE

the modern mess
seasonal home cooking

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SERVES 4-6

INGREDIENTS

Lamb shoulder

- 1 Middlehurst Station butterflied lamb shoulder
- 2 tbsp of olive oil
- 2 tbsp of Ras el Hanout
- 1 lemon and orange, zest and juice
- 1/4 cup of coriander, finely chopped
- 1 tbsp of pomegranate molasses
- 2 tsp of salt

Fennel and carrot salad

- 4 large carrots
- 2 cups of herbs – fresh mint, coriander, and parsley
- 1 small fennel bulb, shaved
- 2 cups of baby salad greens

Dressing

- 1 tbsp of pomegranate molasses
- 2 tbsp of wine vinegar
- 3 tbsp of extra virgin olive oil
- 1 tsp of dijon
- 1/4 tsp of salt

METHOD

Lamb Shoulder

Marinate the lamb shoulder overnight with all the remaining ingredients.

The next day, bring the lamb to room temperature and place the lamb and marinade in an oven-proof dish with 1/2 cup of water and cover tightly.

Cook the lamb in a 160°C fan bake oven for three hours. Remove foil and cook for a further 15 minutes to caramelise the top and reduce the braising juices. Skim off some of the fat if you like.

Fennel Carrot Salad

Toss the peeled and sliced carrots with olive oil, salt, and a pinch of chilli flakes and roast at 220°C for about 15–20 minutes. Cool.

For the dressing, mix the herbs, baby greens, fennel, and carrots gently together with the dressing.

To serve

Serve the lamb with thick yoghurt, flatbreads, the salad, and a sprinkle of sumac.

North Canterbury based chef, Jen Pomeroy, created the Modern Mess with one main goal in mind – to help Kiwis get confident in the kitchen and encourage them to start cooking seasonally using fresh produce.

In her 12 years working as a professional chef, she learnt a secret – good food does not come from having the fanciest ingredients or the flashiest techniques. Exceptional meals come from the freshest, seasonal produce, and can be easily made at home using simple techniques.

Visit The Modern Mess website to discover 1000+ seasonal recipes, how-to tutorials, meal plans and more.

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