

SLOW COOKED SHOULDER OF LAMB WITH ITALIAN ROAST POTATOES AND CAVOLO NERO

Nick Beenham

INGREDIENTS

195 MINUTES 4 SERVINGS

LAMB - lamb shoulder (1.2kg), 2 sprigs rosemary, 30g anchovies in oil, 2 cloves garlic, 200ml red wine vinegar, 200ml white wine, 3 carrots halved lengthwise, 3 sticks celery roughly chopped, salt

POTATOES - 1kg Desiree potatoes cubed, 1 red onion roughly chopped, 1tsp fennel seeds lightly bruised, sprig rosemary, 4 bay leaves, 6 sage leaves torn, 1tsp dried oregano, 2 bashed garlic cloves, 8tb

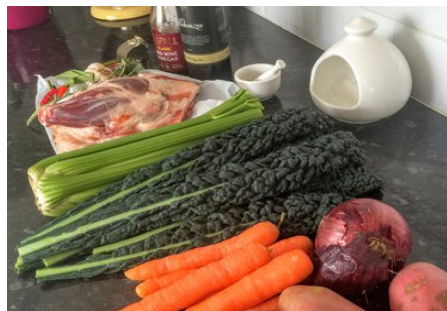
CAVOLO NERO - 5/6 large handfuls cavolo nero, 2 cloves of garlic thinly sliced, 2 red chillies chopped, extra virgin olive oil, juice of a lemon, salt and pepper

TAGS

#lamb #slowlow



1



2



3

Preheat oven to 220C. Bash garlic, rosemary and anchovies in a pestle and mortar to make a paste. Make several incisions in the lamb with a sharp knife, and open out a little with a finger. Stuff each hole with the paste.





4



5



6

Place all the potato ingredients into a large bowl and mix till thoroughly coated. Place on a baking tray and place in the oven for the final hour of cooking.



7



8



9

Take the lamb out leave to rest. Mash the vegetables to extract all the flavour and strain. Place the sauce back on the job to reduce by half. Turn the oven up to max and cook potatoes until nicely browned.





10

Serve the lamb, potatoes and cavolo Nero on a large platter with the sauce drizzled over the lamb, or served separately to spoon over

