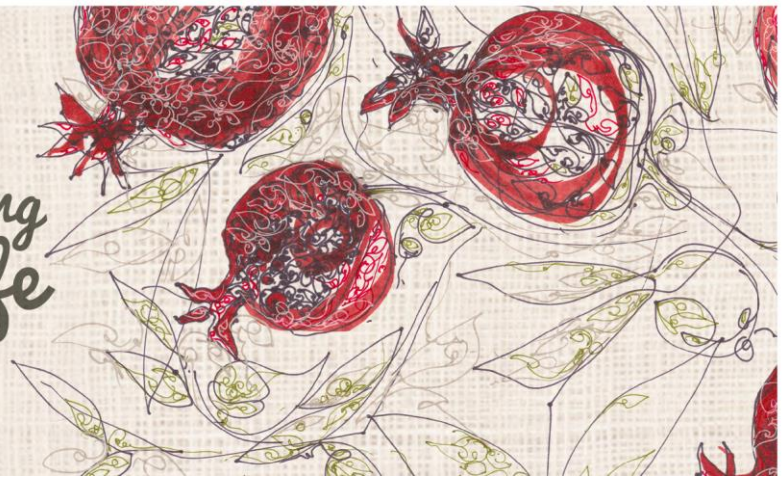




Creating
an
appetite
for life



Slow Cooked Lamb Shoulder with Roast Parsnips, Kale and Cabbage

Reference - Maggie Beer

Preparation 45 minutes **Cooking** 12 hours lamb, 40 minutes parsnips **Makes** 8 serves
Cost \$4.69 per portion (based on retail prices) **Season** Ideal in Winter **Ability** Easy **Can Best Fresh** **Equipment** Oven

The benefits: This beautiful tasting tender lamb will provide you with iron and zinc, important for transporting oxygen in the blood, building the immune system and assisting many processes in the body. Kale and cabbage contain vitamin K to help with blood clotting and vitamin C to help repair body tissues and improve iron absorption.

Ingredients

2.4kg lamb shoulder, bone in
100g preserved lemon, wash, discard flesh, keep rind
5 sprigs rosemary
60ml Extra Virgin Olive Oil
20ml Verjuice (or white wine)
Sea salt and Pepper

Parsnips

1kg parsnips
100g butter

Kale & Cabbage

1 savoy cabbage
1 bunch of kale
Knob of butter

Sauce

Roasting juices



Method

1. Preheat the oven to 110C. Place the lamb in an oven dish.
2. Place the preserved lemon rind, Verjuice (or white wine), olive oil, chopped rosemary, salt and pepper and blend to a paste. Rub onto the surface of the lamb shoulder, place into an oven bag and leave to marinate at room temperature for 2 hours.
3. Place into the oven and cook at 110C for 10 hours until tender and falling off the bone. Remove from the oven and leave to rest for about 20 minutes.



Flinders
UNIVERSITY



4. For the parsnips, bring a large pot of salted water to the boil, add the parsnips and cook until just cooked.
5. Strain and allow to cool slightly, rub off the skins.
6. Cut the parsnip in half and place the small ends directly on a roasting tray, ½ the fat ends of the parsnips.
7. Once the lamb is removed from the oven, increase temperature 220C.
8. Melt the butter and pour over the parsnips, season. Place into the oven and cook for approximately 30 minutes or until golden.
9. For the kale & cabbage, bring a large pot of salted water to the boil. Remove the leaves from the cabbage and cut out the thick vein, blanch in the water and refresh. Repeat the process with the kale.
10. Drain the leaves and roll up, place onto your chopping board and finely cut, mix together.
11. Place in a microwave suitable container, add a knob of butter, cracked pepper and salt if needed and reheat in the microwave when ready to serve.
12. Remove the parsnips from the oven. We are also serving a parsnip puree - to do so, place the roasted parsnips into a blender with a splash of milk and blend until the correct consistency is achieved.
13. Remove the lamb from the bag, pass the juices and skim off excess fat. Warm the juices and adjust seasoning accordingly.
14. Pull off lovely portions of tender lamb and place on the right hand side of the plate. On the top left place a dollop of the parsnip puree and top with 2-3 pieces of roasted parsnip. On the bottom left hand side of the plate place a pile of the kale and cabbage, and finish with a spoon of the roasting juices over the lamb meat.

Nutritional Information

Slow Cooked Lamb Shoulder - Serving Size: 145g		
	Per Serving	Per 100g
Energy (kJ)	1968	1335
Protein (g)	31.0	21.0
Fat (g)	38.6	26.2
- Saturated (g)	13.9	9.4
Carbohydrate (g)	0.2	0.1
- Sugar (g)	0.2	0.1
Fibre (g)	0.3	0.2
Sodium (mg)	798	541

