



Slow Braised Lamb Shoulder With Rutabaga

Serves 8

Ingredients:

1 fresh lamb
shoulder, about 6-8 lbs.
1 whole rutabaga
2 large onions
2 whole lemons
Salt and pepper to taste



Spice Paste:

2 tbsp olive oil
2 tbsp turmeric ground
1 tbsp cumin ground
1 tbsp paprika
½ tsp cinnamon
1 tbsp sea salt
1 tbsp black pepper

Sauce:

6 large garlic cloves,
minced
2 tbsp ginger, minced
1 tbsp Montreal Steak
Seasoning
2 large ripe tomatoes
¼ cup Lemon juice
¼ cup Balsamic vinegar
1 tbsp Dijon mustard,
grainy
2 sprigs rosemary, fresh
1 tsp sea salt
1 tsp black pepper

Instructions:

Heat your oven to 500 F.

Place all the spice ingredients in a mixing bowl, mix thoroughly to create a paste. Set aside.

Peel and cube the rutabaga. Chop the onions in large cubes.

Place the sauce ingredients in the food processor and blend well. Set aside.

Remove the net from the meat. Rub the whole lamb shoulder with the paste.

Cook the lamb in a large pot (fat up) for about 20 minutes until the fat darkens and becomes crisp.

After the first 20 minutes, remove the lamb from the oven. Lower the temperature to 275 F. Add the cubed onions and rutabagas. Pour over the sauce over the lamb and vegetables.

Cover the lamb with a piece of parchment paper and heavy-duty foil. The parchment paper will prevent the foil from sticking to the meat and spoiling the cooking process.

Cook covered at 275 F for about 3.5 hrs, or until the meat falls apart.

Uncover and then cook for another 30 minutes without foil.

Cut two washed lemons in half, remove the seeds. Press the lemons on the cooked meat then leave the pressed lemons in the sauce. This step will ensure a refreshing zesty finish to the dish.

