

Slow Cooked LAMB SHOULDER

Recipe inspired by & curated to pair with
Quails' Gate 2020 Merlot.

Ingredients

Lamb
500g flour
250g whole egg
tsp salt
200g spinach puree

Ragu

200g chickpeas cooked
1 onion small diced
1 carrot small diced
1 pepper small diced
1 turnip small diced
50mL olive oil
100mL chicken stock

Hummus

200g chick peas cooked
20g lemon juice
1 clove garlic
2g cumin
50g tahini
salt

Spice Mix

10g cumin
5g black pepper
10g garam masala
10g paprika
1g cayenne



Recipe

1. Season the lamb and sear until golden brown, place in a pot, add onion, carrot, garlic and cover with chicken stock. Cover with a lid or tin foil and cook at 350F until completely tender (2-3hours depending on the thickness of the lamb).
2. Combine all hummus ingredients and blend until smooth.
3. Combine all spices to make a mixture.
4. Sweat the Ragu ingredients in olive oil until golden, add 2 tsp of the spice mix and the stock, cook until the vegetables are tender.

To Serve

1. Spread hummus on the bottom of the plate.
2. Place lamb on top and surround with ragu. Pour some cooking juices from the lamb on top for additional flavour.