

SLOW ROASTED MASTERSTOCK LAMB SHOULDER

PREP TIME 15 MIN | COOK TIME 5 HOURS | SERVES 10

Method

- For Masterstock: Heat oil in a deep frying pan or stockpot over medium-high heat. Add garlic, ginger, green onions coriander, cinnamon quills and star anise. Cook for 3 minutes, stirring. Add shaoxing wine to deglaze pan. Add soy and brown sugar. Bring to the boil, stirring to dissolve sugar. Add water. Reduce heat to low, gently simmer for 30 minutes to allow flavours to infuse.
- Preheat the oven to 160 ° C, full dry heat. Take the lamb out of the fridge at least 30 minute before starting this recipe. Lightly cover lamb shoulders with half the canola oil.
- Heat oil in a large frying pan over medium-high heat, add onion, green onions and celery. Cook vegetables for 5-8 minutes or until softened and light golden. Transfer to a full gastronomie.
- Return pan to a medium-high heat. Add lamb shoulders, skin side down for 5 minutes. Turn lamb shoulders over and cook for a further 5 minutes. Place on top of vegetables in gastronomie.
- Pour Masterstock over lamb and vegetables. Cover with a layer of baking paper followed by a layer of foil. Cook for 3 ½ hours at 160 ° C.
- Remove lamb shoulder from Masterstock. Place lamb shoulders in a clean gastronomie. Strain 1 litre the Masterstock through a chinois into a clean saucepan. Bring to the boil over medium-high heat, cook for 10-15 minutes or until reduced to a glaze.

- Increase oven temperature to 170 ° C, pour glaze over lamb shoulder, place back in oven and cook for a further 20 minutes.
- Remove the lamb from the oven to rest, covered loosely with foil. When ready to plate, transfer to a serving dish. Spoon over some cooking liquid and garnish with spring onions, coriander, lime zest and juice.
- Serve with Asian inspired roasted broccoli and kale.

Notes

- Masterstock makes approximately 3.5 litres.
- Use Masterstock as directed in recipe or cool, strain and store in an airtight container in the fridge for up to three days or freeze, then boil for another use adding a little water.

Ingredient List

Lamb

- 2.5kg oyster cut lamb shoulder, bone in

Other Ingredients

- 60mls canola oil
- 120g brown onion, finely sliced
- 100g green onions (shallots), finely sliced on diagonal, extra to garnish
- 150g celery, sliced
- 55g coriander, leaves picked to garnish
- 70g limes, zested and juiced

Masterstock

- 40mls canola oil
- 25g garlic cloves, crushed
- 80g ginger, thickly sliced
- 150g green onions (shallots), trimmed, halved
- 25g coriander roots and stems
- 4 cinnamon quills
- 8 star anise
- 250ml Shaoxing wine
- 375mls dark soy sauce
- 185g lightly packed brown sugar
- 3 litres cold water

Serving Suggestions

- Asian inspired Roasted broccoli and kale

