

Summer Lamb Recipes

PREP TIME 20 MIN | COOK TIME 10 HOURS | SERVES 10

LAMB GYRO

Method

1. Score the lamb shoulder. Rub lamb with olive oil, oregano, garlic, salt and pepper. Massage well into lamb.
2. Place half the oil in a large, heavy based frying pan over a moderately high heat. Add celery carrot and onion, sauté for 5-8 minutes, stirring occasionally or until soft and golden. Remove and place in a deep half gastronome. Return pan to the heat and add remaining oil. Add lamb and brown all over.
3. Remove lamb and nestle on top of mirepoix. Add stock, cover with baking paper and foil. Place in combi oven at 94 ° C for 10 hours or 160 ° C for 4 hours. Remove Lamb from gastronome. Pull lamb off the bone and shred.
4. Spread warm pita with Tzatziki and or Taramasalata, followed by red onion, roast capsicum, parsley, tomatoes, salad leaves and a generous serving of lamb. Add crispy hot chips and wrap the pita around fillings and serve.

INGREDIENT LIST

Lamb

- 2,5kg lamb shoulder, bone in

Other Ingredients

- 30mls olive oil
- 30g mountain oregano, chopped
- 30g crushed garlic salt and pepper to season
- 120g celery, chopped
- 120g carrots, chopped
- 240g brown onions, chopped
- 250mls stock
- 10 x pita bread, warmed

Serving Suggestions

- Tzatziki and/or taramasalata
- Finely sliced red onion
- Roast capsicum
- Mixed lettuce leaves
- Sliced tomatoes
- Crispy Hot Chips

