

The Best of COOK'S Lamb

Leg of lamb, wraps, sumac & tahini mayo

Spiced lamb shanks with rose water and nutmeg

Pulled lamb with a sticky Asian sauce

• Slow roasted lamb with “Persian-style” pesto

8 hour Greek lamb



LEG OF LAMB, WRAPS, SUMAC & TAHINI MAYO (6-8)

For the Lamb

1 large leg of lamb (2.5-3kg), bone in, rump bone out, knuckle cracked (so that it folds and fits into your dish). Delft will do this for you, phone them on 794 7295.

3 tablespoons NoMU Moroccan rub (or use any lamb or meat rub)

2 teaspoons table salt

500g extra thick full cream yoghurt

A tin of tomato puree

- Combine all the ingredients in a jug. Place the lamb in an oven tray/dish and pour over the sauce.
- Cover with foil and roast at 160 °C for about 6 hours or until you are able to spear the centre easily with a spoon.
- Check on the sauce during cooking and add more water if necessary.
- Slice the lamb while on the bone and serve in the dish with the sauce.

COOK's notes: if cooking 2 or 3 lambs in one dish, do not double the sauce.

For the Tahini sumac mayo:

2 egg yolks

1 egg

1 cup canola/sunflower oil

¼ cup or 60ml olive oil

OR

1 ¼ cup of mixed oil (olive and seed)

1 ½ tablespoon mint sauce or mint jelly

1 tablespoon tahini

Juice of ½ lemon

½ teaspoon sumac

¼ teaspoon salt

- Process the eggs and add the oil in a slow steady stream. Add remaining ingredients.

COOK'S Notes: Refrigerate in an air-tight container for 2 days. Great on fish, gammon and roasted vegetables.

Mint sauce is always a great cheat item to keep in the fridge. Add to homemade dressings when fresh herbs are not available

SPICED LAMB SHANKS WITH ROSE WATER AND NUTMEG (12-16)

6 lamb shanks, knuckle cracked (they usually use the “back” not the “front” for this)
2 onions, thinly sliced
6 green cardamom pods and 5 cloves ground *OR*
¼ teaspoon ground cloves and ½ teaspoon ground cardamom
1 tablespoon of garlic
1 tablespoon ginger
1-2 teaspoons hot masala or chilli powder
1 tablespoon ground coriander
2 teaspoons ground cumin
1 tablespoon mixed spice
2 teaspoons salt or salt to taste
2 tablespoons sugar
1 tablespoon rose water (optional)
1 teaspoon nutmeg
3 tablespoons tomato paste
1 tin tomato puree + 2 tins water
1 cup Greek yoghurt

To serve

Freshly chopped coriander
Lemon wedges

- Fry the onions in ghee or oil for 10 minutes on high heat until softened and starting to brown
- Add the cardamom and cloves and then the garlic and ginger, while stirring.
- Add the remaining ingredients; spices and salt then then paste and puree
- Add the water (boiled speeds things up) and stir while adding the yoghurt (I like to use a plastic whisk).
- Add the lamb shanks and toss in the sauce, place a lid on the casserole pot or transfer the sauce to a baking tray and then add the lamb and cover with foil.
- Bake for 4-5 hours on 160 °C or until the has meat is starting to fall off the bones
- Add the rose water and nutmeg, stir and serve

PULLED LAMB WITH A STICKY ASIAN SAUCE (6-8)

1 leg of lamb, bone in, knuckle out (about 2kg)
2 teaspoons of grated ginger or a large knob sliced
1 tub of peeled garlic cloves/ 2 tablespoons of crushed garlic
½ cup brown sugar
¼ cup sherry
½ cup soy sauce
¼ cup oyster sauce
1 tablespoon cumin seeds
2 star anise
1 cup water
2 onions sliced or 1 punnet of peeled whole baby onions
1-2 teaspoons fresh or dried chilli

- Pre-heat oven to 180 °C
- Place the onion in an oven tray or deep baking dish and place the lamb on top
- Combine the remaining ingredients and pour over lamb
- Cover with foil or lid, turn down heat to 160 °C and roast for about 6-8 hours or until very tender
- Remove lamb from dish and cool.
- Pull the bones out by hand and pull the lamb into strips.
- Excess fat can be removed from lamb by hand and from the sauce by adding ice and removing the hard fatty layer. Alternatively place the lamb in the fridge, cover the stock and leave overnight on the stove top, removing the fatty layer.
- Bring the remaining sauce to the boil, adding more water or reducing as required
- Stir the lamb through the sauce and serve

Serve on mash, sesame noodles, rice or sweet potato mash. Top with coriander to serve
Best served alongside a crispy salad to cut through the richness.

SLOW ROASTED LAMB WITH PERSIAN PESTO (8-10)

1 leg of lamb, deboned (about 2 kg)
2 teaspoons NoMu lamb fond
500ml water
1 teaspoon Ras El Hanout or Harissa spice
60 ml / ¼ cup pomegranate molasses (Delft)

- Place the stock and water in a casserole dish
- Place the lamb on top and drizzle over the molasses
- Sprinkle the spices over the lamb
- Cover and roast for 5 -6 hours on 160 °C, checking on the liquid.
- Carve gently and drizzle the bit of juice from the pan over the lamb

COOK'S Notes: If making 2 or 3 lamb legs, do not increase the water and take note of packing them close together as this may increase the cooking time, so allow an extra hour if needed.

“PERSIAN” PESTO

100g whole shelled pistachio nuts, toasted
1 teaspoon Ras El Hanout or Harissa spice
¼ cup freshly grated parmesan (or about ½ tub of the Woolworth's ready grated parmesan)
¼ cup roughly chopped parmesan (or about a tub of the parmesan shavings)
200-250ml olive oil
30g (1 punnet) Italian parsley
30g (1 punnet) basil, Italian parsley, rocket or baby spinach
1 pack of Woolworths garlic, chilli, ginger
Juice of 1 lemon (about ¼ cup or 60ml)

- Blend all ingredients lightly except for parmesan pieces. Add by hand and add more oil if necessary

8 HOUR GREEK LAMB (5-6)

2kg leg of lamb (bone in)

2 onions thickly sliced

10 garlic cloves

2 tablespoons olive oil

1 tablespoon dried oregano

Juice of 3 lemons

1½ cups of water

3 tablespoons Ina Paarman beef stock/ 2 tablespoons NoMu lamb stock

2-3 sprigs of rosemary

- Place the onions, garlic and rosemary in a casserole dish or roasting pan
- Rub the lamb with olive oil and oregano and place on top of onions
- Combine the lemon juice and stock and pour into the dish
- Cover with foil or a lid and roast at 120° C for 7-8 hours or until falling off the bone (alternatively cook at 140C° for 6 hours)
- Remove lamb and carve with a spoon and fork, discard the bone
- Strain the remaining liquid and thicken to make a gravy (if serving with roast potatoes)