

# Braised lamb shoulders with five spice, lemon & garlic

Thomas Allen Wines  
MEMBERS' TABLE RECIPE



## Braised lamb shoulders with five spice, lemon & garlic

### Ingredients

3 lamb shoulders (bone in) trim excess fat  
3 cloves of garlic, crushed  
Zest of 3 medium lemons  
3 tsp five spice powder  
½ tsp dried chilli flakes  
2 tsp ground cumin  
2 tsp ground coriander

40ml olive oil  
2 leeks, white part only washed & chopped roughly  
3 medium carrots, chopped into small dice  
2 sticks of celery, chopped into small dice  
3 tsp pomegranate molasses  
Sea salt & freshly ground black pepper

### Method

Heat a large heavy-based pan over a medium heat. Add 20ml olive oil with leeks, carrot and celery and sauté until starting to colour and soften. Season with salt and pepper and deglaze with a generous quantity of light red wine, then transfer to the base of a large baking tray.

Preheat a BBQ to medium hot. Combine spices, garlic, zest, chilli and 20ml of the olive oil. Score lamb shoulders and rub this spice mix in all over, then season with salt and pepper. Preheat oven to 140°C. Sear shoulders on both sides until nicely coloured, then transfer into the baking tray onto the vegetables and wine. Add enough water to almost cover the lamb, cover with foil and cook for about 4 hours. Turn the shoulders 3 or 4 times and top up

the liquid if required. The shoulder meat should be very tender.

Allow the shoulders to cool in the liquid until they are cool enough to handle then gently ease the bones out of the meat. Reserve the bones. Strain the juice into a container and allow the fat to set for easy removal and discard. Pour the resulting liquid over the bones and simmer gently to reduce the quantity by at least half and starting to look glossy, then pour it over the meat, discarding the bones. Taste and adjust the seasoning if required.

Reheat slowly covered and serve with warm quinoa & spiced pumpkin salad and a drizzle of pomegranate molasses over the lamb.

## Warm quinoa & spiced pumpkin salad

### Ingredients

½ ripe butternut pumpkin, peeled, seeded & chopped into 2cm dice  
Olive oil for cooking  
½ tsp chilli flakes  
1 tbsp brown sugar  
1 tsp sea salt  
1½ cups quinoa, rinsed & drained

200g fresh baby spinach leaves  
100g pine nuts  
Juice of a medium lemon  
5ml Dijon mustard  
30ml extra virgin olive oil  
10ml honey  
Sea salt & freshly ground black pepper

### Method

Preheat oven to 175°C. Combine lemon juice, mustard, extra virgin olive oil and honey, mix well and season to taste with salt and pepper and set aside as the salad dressing.

Roll pumpkin dice in oil mixed with chilli flakes, brown sugar and sea salt and roast for approx. 20 mins or until just soft. Pour drained quinoa into a

large pot of rapidly boiling water and cook until just puffed. Drain and combine with warm pumpkin dice, spinach leaves and pine nuts then pour over some of the dressing until nicely moist but not gluggy.

*This recipe will serve 6 generously for a main meal.*



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