

Braised Lamb Shoulder, Cavolo Nero, Barley and Shallots



Ingredients

1 Lamb Shoulder, boned and rolled (readily available in all good butchers)

500g Pearl Barley

200g Diced Onions Leek and Carrot

500g Cavolo Nero (substitute with kale or cabbage of your choice)

200g Button Shallots peeled and left whole

1 glass of Red Wine

1 ltr Chicken Stock (fresh available in most supermarkets)

A few sprigs of fresh Rosemary

Olive Oil

Salt and Pepper seasoning

Method

1. Preheat your oven to its highest setting.
2. Rub your lamb liberally with oil and season heavily, put the lamb in your hot oven to caramelize the outside - this will take 20 to 25 minutes.
3. Meanwhile colour your shallots on a large oven proof casserole dish and add the wine to reduce.
4. When the wine is sticky add the stock at this point, your lamb should be nice and brown and you can pop this into your casserole dish and cover with stock.
5. Turn down your oven to 160 degrees Celsius and place the dish in the oven uncovered.
6. Allow the stock to reduce to sauce consistency as the meat cooks, approx 2 1/2 hours.
7. Sweat off your diced veg in a large pan with a little butter.
8. Add your barley and cover with water and simmer gently for 30 minutes. Remove from the heat and leave to stand until needed.
9. When your lamb has rested, blanch your kale in salted boiling water for two minutes then gently toss in butter.
10. Warm up your barley again and season to taste.
11. Carve your lamb and present on a bed of barley and kale covering generously with the reduced braising sauce and shallots.