

Mint Creek | Shoulder Roasts

GREEN-CHILI SHOULDER ROAST
KLEFTIKO (SLOW-ROASTED LAMB)
BEER-BRAISED LAMB
LAMB AND TOMATO CASSEROLE
LAMB-AND-SAUSAGE COUSCOUS

GREEN-CHILI SHOULDER ROAST

Preparation Time: 10 minutes

Cooking Time: 2 hours

Serves: 10

Ingredients

1 lamb shoulder-blade roast, about 5 lb. each

1 tsp. dried oregano

1 tsp. dried sage

1/2 tsp. pepper

2 Tbs. oil

2 onions, chopped, cooked

2 cloves garlic, minced

1 Tbsp. chili powder

1-2/3 cups canned diced tomatoes, undrained

1/4 lb. canned chopped green chili peppers

1/2 cup water

1/4 cup vinegar

Instructions

Preheat oven to 325°F. Place lamb on rack in a shallow baking pan. Combine next 3 ingredients in a bowl. Rub spice mixture on all sides of lamb. Roast about 2 hours, or to desired doneness. Meanwhile, heat oil in a heavy nonstick skillet over medium-high heat. Sauté onion and garlic 3-4 minutes until onion is soft. Stir in remaining ingredients, and salt to taste. Reduce heat to low and simmer about 20 minutes, or until thickened slightly. Remove from heat and mash with a spoon or blender. Spoon half the sauce over roast during last hour of cooking. Heat remaining sauce and serve with lamb.

KLEFTIKO (SLOW-ROASTED LAMB)

Preparation Time: 15 minutes

Cooking Time: 3 hours

Serves: 4

Ingredients

2 lbs. lamb, large chunks or small shoulder roast

Juice of 4 lemons

oregano

grated cheese (optional)

Instructions

Season lamb with lemon juice, and oregano. Sprinkle with cheese, which will melt in the cooking. Place meat in a roasting pan, cover with baking parchment, and seal tightly with 2 or more layers of heavy duty aluminum foil. Place lid on. Roast at 300 F for 3 hours until meat falls off the bones. (Variation: Add rosemary and/or bay leaf to the oregano, leave out cheese. In a heavy saucepan, simmer over medium heat 5 minutes or until mixture thickens slightly. Brush lamb chops with glaze and bake 3 minutes. Turn chops and brush with remaining glaze. Bake another 3-5 minutes, or until chops are glazed and cooked through.)

BEER-BRAISED LAMB

Preparation Time: 15 minutes

Marinade Time: 20 minutes

Cooking Time: 1 hour, 15 minutes

Serves: 6

Ingredients

1 Tbs. soy sauce

1 Tbs. Chinese rice wine

1/2 tsp. salt

1/8 tsp. white pepper

1 lb. boneless lean lamb shoulder, cut into bite-size pieces

1 cup amber beer

1/2 cup water

3 Tbs. light soy sauce

2 Tbs. dark soy sauce

1 tsp. sugar

1 tsp. sesame oil

3 Tbs. vegetable oil

5 cloves garlic, peeled

1 fresh mint sprig

1 cardamom pod, crushed

1 small Daikon radish, peeled and cut into 1-inch pieces

4 slices fresh ginger root

1 fresh red chili, halved

2 Tbs. cornstarch, dissolved in 3 Tbs. water

Instructions

Combine marinade ingredients (soy, rice wine, salt, and white pepper) in a bowl. Add lamb, and stir to coat well. Set aside for 20 minutes. Combine sauce ingredients (beer, water, soy sauce, sugar, sesame oil) in another bowl and set aside. Heat wok over high heat until hot. Add 2 tablespoons oil and swirl to coat sides. Add garlic and lamb; stir-fry for 2-3 minutes or until well browned. Remove and set aside. Heat clay pot over medium heat until hot. Swirl in remaining oil to coat sides. Add lamb, remaining ingredients and sauce, except cornstarch solution; bring to a boil. Cover, reduce heat, and simmer for 1 hour or until lamb is fork-tender. (Add 1/4 cup of water at a time if it dries out.) Discard cardamom half way through cooking. Add cornstarch solution and stir until sauce

thickens.

Adapted from Martin Yan's Blissful Cooking
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LAMB AND TOMATO CASSEROLE

Preparation Time: 15 minutes

Cooking Time: Slow-cooking, 7 hours

Serves: 4

Ingredients

2-lb. lamb shoulder

2 oz. butter

1 oz. flour

1 tsp. marjoram

8 oz. canned tomatoes

1 large onion, chopped

2 Tbs. oil

4 oz. of beef stock

salt and pepper to taste

Instructions

Cut the lamb into 1-inch cubes and chop the onions. Combine butter and oil in frying pan. Cook the lamb and onions until the onions are soft and golden and the lamb is lightly browned. Stir in the flour, and cook for 2 minutes. Add seasoning, marjoram, stock, and the tomatoes with their juice. Bring to a boil, stirring well. Pour into crock pot, cover and cook on HIGH for 30 minutes, then on LOW for 6 hours.

LAMB-AND-SAUSAGE COUSCOUS

Preparation Time: 15 minutes

Cooking Time: Slow cooking, 1.5 hours

Serves: 8

Ingredients

3-lb. lamb shoulder cut into 2-in cubes

6 lamb sausages

1/2 tsp. salt; or to taste

Freshly ground black pepper

1 Tbs. olive oil

1 med onion; quartered

4 med carrots; peeled and cut into 1/2-in rounds

2 celery stalks cut into 4 pieces

1/4 c tomato paste

3 Tbs. flour

1 c. dry white wine

6 c. low-sodium chicken broth or water

1 tsp. cayenne pepper

1 Tbs. ground cumin

2 med. zucchini cut into rounds 1-in thick

1 1/2 c couscous

Instructions

Preheat oven to 325F. Pat the meat dry and sprinkle with salt and pepper, as desired. Heat the oil in a large covered casserole or Dutch oven over high heat on top of the stove. Add the meat, without crowding, in batches if necessary, and brown well on all sides. Remove pieces to a plate as they are done, and reserve. Repeat until all meat is browned. Do not pour off fat. Replace the casserole over medium heat. Add the onion, carrots, celery and tomato paste. Cook, stirring occasionally, 5 minutes. Use your spoon to loosen and dissolve the brown bits stuck to the bottom of the casserole. Add flour, and cook, stirring, an additional minute. Add wine, meat (and any juices on the plate), stock, cayenne, and cumin. Cover, bring to a boil, and place in the oven for 1 1/4 hours, or until meat is tender. Meanwhile, combine sausage and zucchini in an ovenproof dish, cover, and place in the oven until sausages are cooked—about 20 minutes.

Follow directions on the back of the box and cook the couscous. Remove stewed lamb and the sausage/ vegetable mixture from the oven. Using a slotted spoon, remove the meat from the sauce, and place it in a serving bowl. Pour off and discard any excess fat from the sausages and add sausages and vegetables to the lamb. Pour the thin gravy through a fine strainer into the serving bowl and discard the vegetables and spices that remain in the strainer. To serve, place the couscous in another serving dish. Pour the broth into a pitcher or soup tureen. Encourage guests to place couscous in their soup bowl, top with the meat and vegetables, and moisten with soup.