

Recipes for Deborah

Roasted Lamb Shoulder with Rhubarb Marinade ~ serves 6

Ingredients:

1kg Salt Spring Island Lamb shoulder
2 medium onion, halved
1 large carrot, cut into large chunks
2 stalks of celery, cut into large chunks
1stalk of rhubarb, cut into large chunks
2 garlic cloves, whole

Marinade

14oz rhubarb
4Tbsp honey
4Tbsp soy sauce
4 garlic clove, peeled
1 fresh chilli
1 tsp 5 spice powder

Sauce

1Tbsp flour
2cups real chicken stock
one large bunch of fresh mint leaves

Pre heat oven to 450F.

In a food processor, blend together marinating ingredients until smooth. Score the fat side of the lamb shoulder with a sharp knife. Pour the marinade over lamb and give the shoulder a quick massage. Lay vegetables on the bottom of a high-sided roasting pan and transfer the lamb shoulder in the pan on top of the vegetable. Wrap the pan tight with foil and place it in the oven. Turn the oven down immediately to 325F and roast for about 4 hours. The shoulder is done when you can easily pull the meat apart with two forks.

When the lamb is ready, take it out of the pan and onto a cutting board. Cover with foil and then with a towel to let it rest. Drain off any extra fat from the pan, leaving all the vegetable in, then put it on your stove top over med heat. Mix in the flour and stir until flour and vegetable are all well mixed. Gradually pour in stock, stirring and scraping all the juicy bit off from the bottom of the pan. Turn down the heat a bit and let it cook for a few minutes. Season to taste.

Chop up the mint leaves and put it into the sauce. Once your sauce is tasty, stain it into the pitcher. Place the lamb and the sauce on the middle of the table, and shred the lamb in front of your guest.