



Miele

Lamb shoulder with spaghetti squash

By Shannon Bennett

20 minutes

Preparation time

3 hours

Cooking time

6 servings

Serves

INGREDIENTS

1 bunch Dutch carrots, peeled
3 onions, peeled, halved horizontally
3 sticks celery, washed and roughly chopped
2-2.5 kg lamb shoulder, bone in
4 tablespoons olive oil
4 sprigs thyme
3 cloves garlic, extra cut into slivers
6 sprigs thyme
3 bulbs garlic, halved horizontally
Sea Salt
Freshly ground white pepper

Spaghetti Squash

1 whole spaghetti squash
30 g butter
3 sprigs thyme
1 teaspoon Sea Salt
White pepper

Miele Accessories

Universal tray

METHOD

1. Pre-heat oven on Fan Plus at 210°C.
2. Place carrots, onions and celery on the universal tray, drizzle with 3 tablespoons olive oil and scatter with 3 sprigs of thyme.
3. Make 12 cuts with a sharp paring knife in the skin of the lamb. Stud the garlic into the holes and rub with olive oil and extra thyme leaves.
4. Season with salt and pepper and place halved garlic bulbs around the tray.
5. Place the lamb on top of the vegetables, leaving enough room to one side for the spaghetti squash and place on shelf position 1.
6. Select User programmes and create the following:

Stage 1 Select Combination mode Fan Plus at 210°C + 25 minutes + 0% moisture

Stage 2 Select Combination mode Fan Plus at 180°C + 10 minutes + 60% moisture

Stage 3 Select Combination mode Fan Plus at 120°C + 2 hours + 80% moisture

Follow prompts on the screen to start cooking.

7. Set the minute minder for 1 hour.

Spaghetti Squash

1. Cut spaghetti squash in half lengthways, remove seeds and a thin layer of skin from the base of one side so that it sits level in a roasting pan. Place the butter and thyme sprigs on one half and season with salt and pepper.
2. Sandwich the two halves together and place on the universal tray with the lamb for the last hour of cooking. Set the minute minder for 1 hour.
3. Test the squash to see if cooked all the way through, it should now resemble spaghetti in its skin.

To Serve

1. Place vegetables, roasted garlic and lamb on a large warm platter with the squash alongside.