

Miele

Lamb shoulder with Harira, slow roasted grapes and crispy chickpeas

By Miele

25 minutes

Preparation Time

2 hours 20 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Lamb	Harira	Chickpeas	To serve
600 g piece lamb shoulder, deboned	125 ml olive oil	400 g can chickpeas, drained	60 g (¼ cup) cultured butter, room temperature
1 tsp salt flakes	4 brown onions, sliced	and rinsed	¼ cup celery leaves, preferably taken from the heart
350 ml olive oil	2 sticks celery, diced	1 tbsp olive oil	½ cup flat leaf parsley leaves
1 cinnamon stick, broken	1 ½ tsp salt flakes	Salt flakes, to taste	½ cup coriander leaves
2 black cardamom pods, lightly cracked	1 tsp black peppercorns		
2 tsp black pepper, lightly cracked	4 garlic cloves		
2 fresh bay leaves	2 cm piece fresh turmeric		
30 red seedless grapes	1 long red chilli, sliced into strips		
	½ tsp ground cinnamon		
	½ tsp ground ginger		
	Pinch of saffron		
	70 g (1/3 cup) lentils du Puy		
	45 g (¼ cup) black rice		
	200 g tomato passata		
	1 litre chicken or vegetable stock		

METHOD

Lamb

1. Season the lamb with salt flakes and place into a small saucepan. Pour the olive oil over the lamb, add the cinnamon stick, black cardamom, black pepper and bay leaves. Cover with a round of grease proof paper / cartouche the same size as the pan and fit with a lid.
2. Place on medium heat, induction setting 6 for 5 minutes to warm through. Transfer into the oven on shelf level 2 and cook on Fan Plus at 120°C for 2 hours, or until the lamb is tender.
3. Arrange the grapes on a baking tray. When the lamb has been cooking for 1 hour, add the grapes to the oven and cook with the lamb for the final hour.
4. Allow the lamb to cool in the oil. Once the lamb is cool, remove and discard the oil and aromatics.
5. Separate the meat from the fat in large pieces and reserve until required.

Harira

1. Place the olive oil, onions, celery and 1 tsp of salt into a large saucepan. Cover with a lid and cook on medium-high heat, induction setting 7 for 3 minutes. Reduce to medium heat, induction setting 5 and cook for 25 minutes, stirring often.
2. In a mortar and pestle (or electric spice grinder) crush the remaining salt and black peppercorns. Add the garlic, turmeric and chilli. Pound to a fine paste. Stir in the cinnamon, ginger and saffron.
3. Add the paste to the onions and cook for 3 minutes, stirring continuously.
4. Add the lentils, black rice, tomato passata and stock. Bring to a simmer over high heat, induction setting 9. Reduce to medium heat, induction setting 6 and simmer, with the lid off, for 40 minutes.

Chickpeas

1. Gently dry the chickpeas in a tea towel, removing skins if desired. Transfer onto a universal tray and toss with olive oil and salt.
2. Place in a cold oven on shelf level 2. Select Fan Plus at 200°C with Crisp function activated and bake for 20-25 minutes, or until golden and crunchy.

To serve

1. Heat a large frying pan on medium-high heat, induction setting 7. Spread the lamb evenly over the pan and cook, untouched, for 4 minutes, or until crispy and brown.
2. Carefully turn the lamb and cook for a further 4 minutes. Remove from the heat and season with salt flakes.
3. Warm the Harira over medium-low heat, induction setting 4 and stir in the cultured butter. Spoon into warm serving bowls and scatter over the lamb, grapes and chickpeas. Garnish with the celery leaves and fresh herbs.

Hints and tips

- Sustainability tip – the smaller the saucepan the lamb is cooked in, the less oil is needed to cover it.
- Lamb shoulder chops can be used to minimise waste.
- Warm the serving bowls in the warming drawer or oven set to 'heat crockery' if desired.