



Slow-cooked Lamb Shoulder with Petit Pois à la Française and Grain Mustard Mash

Ingredients:

SLOW-COOKED LAMB SHOULDER

- 1kg boneless lamb shoulder
- 1 onion, thick sliced
- 2 garlic cloves
- 20g fresh thyme
- 1 carrot, diced
- 250ml of dry white wine
- 350ml of lamb stock (or chicken if you can't find lamb)
- 1 tbsp of sunflower oil
- salt and pepper to season

PETIT POIS À LA FRANÇAISE

- 240g of frozen garden peas
- 100g of baby onions, peeled but kept whole
- 150g of diced smoked streaky bacon, or smoked pancetta
- 50g of unsalted butter
- 2 gem or iceberg lettuces, finely shredded
- 15g mint leaves, finely shredded
- 100ml of white wine
- 100ml of vegetable stock
- salt and pepper to season

GRAIN MUSTARD MASH

- 800g of potatoes, peeled and chopped into 2cm pieces
- 125g of butter
- 1 tbsp of wholegrain mustard
- 50ml double cream
- salt and pepper to season

METHOD:

1. Preheat the oven to 200°C/gas mark 5
2. Lightly season the lamb with salt and pepper and rub with a little oil, then place in a large roasting dish and cook for 25 minutes until golden.

3. Reduce the oven temperature to 140°C/gas mark 1, then add the onions, carrot, garlic and thyme to the roasting dish, mixing everything together. Cover with tin foil and return to the oven for 1 hour.
4. After the hour, remove the foil and stir well. Pour in the wine and place the dish over a low heat on the hob. Bring to a simmer, then add half the stock.
5. Once bubbling again, cover with foil and return to the oven for another hour. After this time, add the remaining stock and return to the oven (without the lid) for a final 30 minutes. This 30 minutes will give you time to prepare your accompaniments.
6. Bring a large pan of lightly salted water to the boil and add the chopped potatoes. Cook for 20 minutes, or until completely tender.
7. While the potatoes are cooking, start the petit pois by melting the butter in a pan over medium heat. Add the baby onions and bacon and sweat down gently for 5 minutes without colouring.
8. Add the garden peas, lettuce and seasoning. Cook for 2 minutes before adding the mint, wine and stock. Bring to a simmer and cover with a lid, turn the heat down very low and cook gently for 10 minutes.
9. Once the potatoes are cooked, drain thoroughly then mash until smooth. Stir in the butter and cream to get a velvety consistency, then add the mustard and a pinch of salt and pepper.