

Slow Cooked Lamb Shoulder with Green Chilli Coconut

Essential tips

- Lamb shoulder can be cooked and shredded the day before. It's easiest if you shred the lamb while it's still warm.
- Chillies vary so much in heat that it's wise to add a little and taste the sauce and then add a bit more until it's just right.
- Use a salad spinner to get kale leaves as dry as possible. If you don't have one, place it between two clean tea towels and pat dry. This will help it crisp in the oven.

Ingredients

- 1 lamb bone-in shoulder (approx 1.5kg), trimmed
- Green chilli and coconut chutney:
- 1 long green chilli, chopped
- 1 tbsp lime juice
- 1 cup chopped coriander stems and leaves
- ½ cup fresh mint
- 1 ripe Roma tomato, chopped
- ¼ cup shredded coconut
- ½ butternut pumpkin
- ½ bunch kale, washed and dried, stems removed and torn into pieces
- 1 tbsp olive oil
- ½ head cauliflower, florets
- 1 tsp fennel seeds, lightly crushed

Method

1. Blend chilli, lime, tomato, coriander and mint and blend until smooth. Season. Add coconut and blend until combined. Spread half over the lamb and reserve remainder in the fridge. Prick the lamb all over with a sharp knife so the marinade gets into the lamb. Allow to sit for half an hour, or refrigerate overnight if possible.
2. Preheat oven to 200°C (180°C fan-forced). Place lamb in a large roasting dish with 1 cup water and cover tightly with foil. Cook for 3 hours until fork tender.
3. Place pumpkin cut-side down on a baking tray lined with baking paper and cook in oven for one hour while lamb is cooking until very soft. Scoop out seeds. Scoop out flesh and mash.

4. Spread kale out on a baking tray and drizzle with half the oil, season lightly. Bake for 10-15 minutes at the end of the lamb cooking time until edges are brown but not burnt.
5. Place cauliflower in a large bowl with remaining oil and fennel seeds and season lightly. Toss to coat. Spread on a baking tray and cook for 30 minutes until crisp at the edges and golden brown.
6. Shred the lamb with two forks and serve with pumpkin mash, kale chips, cauliflower and extra marinade.