

Braised Lamb Shoulder with Creamy Polenta Mash and Gremolata

Serves 4



INGREDIENTS

- ¼ cup olive oil
- 2 onions, thinly sliced
- 1 carrot, diced
- 1 celery stick, diced
- 2 large tomatoes, diced
- 2 cloves garlic, crushed
- 2 bay leaves
- 1 sprig fresh thyme
- 1 ½kg diced lamb shoulder
- 1 cup beef stock
- 1 cup Fowles Shiraz (your fave)
- Salt and pepper

Polenta

- ½ cup water
- ½ cup milk
- ⅔ cup polenta
- potatoes, mashed
- Salt and pepper



Gremolata

- 2 tbs olive oil
- 3 slices day old bread
- 2 cloves garlic, crushed
- ½ lemon, finely zested
- 2 tbs parsley, finely chopped



METHOD

Preheat oven to 150°C. Heat half the oil in a frying pan and cook off the onions, celery, carrot and garlic for 2 minutes. Add the tomato paste and cook for a further 2 minutes. Heat the remaining oil and fry off the seasoned diced lamb until brown. Place this into a casserole dish along with the vegetables, including tomato. Deglaze the frying pan with Shiraz and pour this delicious juice over the lamb. Add the stock, thyme and bay leaves. Cover with a lid and place in the oven for at least 4 hours or until the lamb is lovely and tender.

Polenta mash: Make your favourite potato mash recipe and set aside. Bring to boil ½ cup of water and ½ of milk. Slowly whisk in ⅔ cup of polenta and continue to whisk until smooth and no lumps. Cook for 10 minutes until it thickens and becomes soft. Remove from heat, add mash potato and season to taste.

Gremolata: Place bread in a food processor and chop roughly. Toss through the olive oil and dry out in the oven until crisp. Toss through the remaining ingredients.

To serve: Place the polenta mash on the plate to create a bed for the braised lamb. Sprinkle the Gremolata on top and serve with a glass of your favourite Fowles Wine Shiraz.