

Caramelised, slow-cooked lamb with green vegetables

Ingredients

For the lamb

1 tbsp ground cumin
1 tbsp ground ginger
1 tsp chilli flakes
½ tbsp garam masala
½ tbsp ground cinnamon
1 lamb shoulder on the bone (about 1.8kg/4lb)
2 bulbs garlic, split into cloves
2 onions, quartered
20g/¾oz fresh rosemary
25g/1oz light brown sugar

For the vegetables

200ml/7fl oz sunflower oil
50ml/2fl oz white wine vinegar
1 tsp Dijon mustard
2 heads Little Gem lettuce
50g/1¾oz baby spinach
200g/7oz trimmed fine green beans, trimmed
200g/7oz mangetout
50g/1¾oz watercress

Method

1. Mix all the spices together and rub all over the lamb. Marinate in the fridge overnight so the lamb takes on all the flavour of the spices.
2. The next day, take the lamb out of the fridge and allow to return to room temperature. Preheat the oven to 180C/160C Fan/ Gas 4.
3. Put the garlic, onions and rosemary in a roasting tin. Place the lamb on top and roast for 2-2½ hours.
4. When the meat is cooked through and very tender, remove from the oven, cover with aluminium foil and leave to rest for 10-15 minutes.
5. For the vegetables, whisk together the sunflower oil, vinegar and mustard to create a vinaigrette.
6. Separate the leaves of the Little Gem lettuce and put in a bowl with the baby spinach.
7. Bring a saucepan of salted water to the boil. Add the green beans. After 2 minutes add the mangetout and boil for a further minute.

Preparation time

overnight

Cooking time

over 2 hours

Serves

Serves 6-8

It takes time to make this spicy roast lamb - you need to marinate it the day before you want to eat - but there's very little in the way of work and nothing tricky.

By Glynn Purnell
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8. Drain the vegetables and immediately add to the bowl containing the spinach and lettuce. Add the watercress and toss gently in the vinaigrette just before serving.
9. Once the meat is rested, sprinkle the fat side of the lamb with the brown sugar and, using a chef's blow torch (or under a very hot grill), caramelize the sugar and the fat.
10. Serve the lamb with the vegetables.

Recipe Tips

If it's crucial this recipe is gluten-free check the labels on the mustard and spice mixes - they rarely contain gluten, but it's worth checking.