

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Omani Lamb Shuwa (shoo – ah)

**A favourite across the Gulf for Eid celebrations. Slow cooked marinated lamb that melts in the mouth**



**Ingredients – serves 4 people with enough left over for another day!**

1 small lamb shoulder or leg (bone in)  
3 Tbsp white vinegar  
2 fresh limes (juiced)  
1 Tsp sea salt  
10 garlic cloves (crushed)  
3 Tbsp oil  
Spice Mix  
2 Tbsp black peppercorns  
1 Tbsp coriander seeds

5 or 6 cloves  
2 Tbsp cumin seeds  
5 cardamom pods  
1 Tbsp cinnamon powder  
1 Tbsp nutmeg powder  
1 Tbsp red chilli flakes  
Garnish  
1 bunch fresh coriander (washed and drained)  
1 fresh pomegranate

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
“Foodie Thursday”.



## Stage 1 - marination

Pre heat a fry pan over a medium/high heat then add the whole spices (not the powders).  
Stir the spices/swirl around in the pan as they toast. They are ready when they give off a rich, roasted aroma.  
Place spices immediately into a grinder/blender and blitz until a powder.  
Add powdered spices, garlic, lime juice, vinegar, salt and oil and blitz/pulse to a smooth paste.  
Line a roasting tray with enough foil (traditionally, banana leaves are used) so that you can completely wrap the lamb.  
Carefully cut small slits over the surface of the lamb.  
Pour the marinade over and massage with your hands ensuring the marinade gets into the slits.  
Pull the foil over and form a tightly sealed parcel.  
Leave in the fridge for at least 12 hours but no longer than 36 hours.

## Stage 2 - cooking

Take the roasting tray out of the fridge at least an hour before you start cooking.  
Pre heat the oven to 140°C/275°F.  
Place the tray in the centre of the oven and cook for approx. 5 hours.

To prepare the pomegranate, lightly roll the fruit on a worktop to loosen the seeds inside. Score the skin around the middle then tear the fruit in half.  
Hold each half over a large bowl seeds facing down and tap the skin firmly with a metal spoon to dislodge the pomegranate seeds.  
Pick out any white pith that falls into the bowl with the seeds.  
Wash and rinse the seeds.

Serve on a platter of saffron rice with chopped coriander and pomegranate seeds.

You can also serve with Tzatziki (recipe is included in Lamb Kofta recipe)

Notes from the chef:

Preparation time is short – the spice mix takes around 10 minutes only and can be made in advance.  
Baharat spice mix can be found in supermarkets – use approx. 60gm in the recipe.  
Adjust the spice level by increasing or decreasing the amount of chili flakes.  
Timings are important – let the lamb marinade for at least 12 hours!  
You can use lamb shanks – reduce cooking time to 3 hours.

Tbsp - tablespoon

Tsp - teaspoon