

Capital Recipe

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

“Foodie Thursday”.



Baharat (7 spice) Slow Roasted Shoulder of Lamb

Eid al-Adha (Festival of the Sacrifice) is considered one of the holiest festivals in the Islamic calendar – a time for celebration and giving.



Ingredients – serves 4 people

1 lamb shoulder (bone in)	1 Tbsp paprika
4 large local potatoes (washed and cut in half lengthways)	1 Tbsp black pepper freshly ground
2 med red onions (peeled, cut into 15mm slices)	1 Tsp coriander, ground
2 cups chicken stock	¼ Tsp cloves, ground
2 Tbsp Baharat spice mix	1 Tbsp cumin, ground
4 each garlic cloves (crushed)	½ Tsp cardamom, ground
3 Tbsp oil	1 Tsp cinnamon, powder
3 Tbsp pomegranate molasses	½ Tsp nutmeg, powder
Handful mint leaves (finely sliced)	Tahini Yoghurt
Salt & Pepper to season	5 Tbsp tahini
Baharat Spice Mix	½ lemon
	1 tub Greek yoghurt

Stage 1 - marination

Place spices into a mixing bowl with garlic, mint, oil & pomegranate molasses and combine. Season with salt & pepper to taste.

With a sharp knife, cut incisions over the lamb to allow the marinade to soak in.

It is important to let the lamb marinade for at least 1-2 hours.

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Place the potatoes cut side down in a roasting tray and add the red onion.

Place the lamb onto the potatoes/onions and then drizzle the marinade over rubbing or brushing it into the incisions.

Pour the chicken stock into the pan (but not directly onto the lamb) then wrap the tray tightly in foil, ensuring the edges are fully sealed.

Set aside in a cool place for 1–2 hours.

Place the roasting tray into an oven pre-heated to 160°C for 3 hours.

Take the tray out and remove the foil.

Baste the meat liberally with the juices.

Increase the oven temperature to 180°C then return the pan to the oven, uncovered.

Cook for a further 30 minutes then turn off the oven and remove the pan.

Re-cover the meat loosely with foil and leave to rest in a warm place for 10 – 15 minutes.

Mix tahini and Greek yoghurt together. Grate the zest of the lemon then add enough squeezed lemon juice to taste.

Serve the lamb either as a whole piece or torn into large chunks (use 2 forks or spoons for this) with the potatoes and onions.

Strain the juices from the pan into a jug and serve on the side.

You can serve this with green vegetables (grilled broccoli/asparagus) and/or a simple salad of shredded lettuce, chunky cucumber, mint leaves, pomegranate seeds dressed in olive oil and fresh lemon juice.

Notes from the chef:

Baharat spice mix can be found in supermarkets – but it is super easy to make your own! Save any leftover in an airtight jar/container.

If you are feeling confident/adventurous then use whole spices and not powders. Toast them over a medium high heat until aromatic but not burnt then grind in a spice mill/pestle and mortar.

It is important to let the lamb marinade for at least 1-2 hours.

I leave the skin on the potatoes as it helps hold them together as well providing lots of nutritional goodness but you can peel them if you prefer.

Tbsp - tablespoon

Tsp - teaspoon