

**Miele**

# Lamb shoulder with Harira, slow roasted grapes and crispy chickpeas

By Miele

**25 minutes**

Preparation Time

**2 hours 20 minutes**

Cooking Time

**6 serves**

Serves



## INGREDIENTS

### Lamb

600 g piece lamb shoulder, deboned  
1 tsp salt flakes  
350 ml olive oil  
1 cinnamon stick, broken  
2 black cardamom pods, lightly cracked  
2 tsp black pepper, lightly cracked  
2 fresh bay leaves  
30 red seedless grapes

### Harira

125 ml olive oil  
4 brown onions, sliced  
2 sticks celery, diced  
1 ½ tsp salt flakes  
1 tsp black peppercorns  
4 garlic cloves  
2 cm piece fresh turmeric  
1 long red chilli, sliced into strips  
½ tsp ground cinnamon  
½ tsp ground ginger  
Pinch of saffron  
70 g (1/3 cup) lentils du Puy  
45 g (¼ cup) black rice  
200 g tomato passata  
1 litre chicken or vegetable stock

### Chickpeas

400 g can chickpeas, drained and rinsed  
1 tbsp olive oil  
Salt flakes, to taste

### To serve

60 g (¼ cup) cultured butter, room temperature  
¼ cup celery leaves, preferably taken from the heart  
½ cup flat leaf parsley leaves  
½ cup coriander leaves

### Miele accessories

Universal trays or Baking trays

## METHOD

### Lamb

1. Season the lamb with salt flakes and place into a small saucepan. Pour the olive oil over the lamb, add the cinnamon stick, black cardamom, black pepper and bay leaves. Cover with a round of grease proof paper / cartouche the same size as the pan and fit with a lid.
2. Place on medium heat, induction setting 6 for 5 minutes to warm through. Transfer into the oven on shelf level 2 and cook on Fan Plus at 120°C for 2 hours, or until the lamb is tender.
3. Arrange the grapes on a baking tray. When the lamb has been cooking for 1 hour, add the grapes to the oven and cook with the lamb for the final hour.
4. Allow the lamb to cool in the oil. Once the lamb is cool, remove and discard the oil and aromatics.
5. Separate the meat from the fat in large pieces and reserve until required.

### Harira

1. Place the olive oil, onions, celery and 1 tsp of salt into a large saucepan. Cover with a lid and cook on medium-high heat, induction setting 7 for 3 minutes. Reduce to medium heat, induction setting 5 and cook for 25 minutes, stirring often.
2. In a mortar and pestle (or electric spice grinder) crush the remaining salt and black peppercorns. Add the garlic, turmeric and chilli. Pound to a fine paste. Stir in the cinnamon, ginger and saffron.
3. Add the paste to the onions and cook for 3 minutes, stirring continuously.
4. Add the lentils, black rice, tomato passata and stock. Bring to a simmer over high heat, induction setting 9. Reduce to medium heat, induction setting 6 and simmer, with the lid off, for 40 minutes.

### Chickpeas

1. Gently dry the chickpeas in a tea towel, removing skins if desired. Transfer onto a universal tray and toss with olive oil and salt.
2. Place in a cold oven on shelf level 2. Select Fan Plus at 200°C with Crisp function activated and bake for 20-25 minutes, or until golden and crunchy.

### To serve

1. Heat a large frying pan on medium-high heat, induction setting 7. Spread the lamb evenly over the pan and cook, untouched, for 4 minutes, or until crispy and brown.
2. Carefully turn the lamb and cook for a further 4 minutes. Remove from the heat and season with salt flakes.
3. Warm the Harira over medium-low heat, induction setting 4 and stir in the cultured butter. Spoon into warm serving bowls and scatter over the lamb, grapes and chickpeas. Garnish with the celery leaves and fresh herbs.

### Hints and tips

- Sustainability tip – the smaller the saucepan the lamb is cooked in, the less oil is needed to cover it.
- Lamb shoulder chops can be used to minimise waste.
- Warm the serving bowls in the warming drawer or oven set to 'heat crockery' if desired.