



READY TO COOK
BY HARRIS FARM

BAHARAT SPICED LAMB SHOULDER WITH GARLIC, TAHINI YOGHURT AND PERSIAN FETA SALAD



PREP
15 min



COOK
3½ hrs



SERVES
4

INGREDIENTS:

- > 1 Lamb Banjo Shoulder
- > 1 ½ Tbsp Baharat Spice Mix
- > 1 Tbsp Pomegranate Molasses
- > 1 ½ Cup Farro
- > 1 Brown Onion
- > 1 Garlic Head
- > 250g Sampari Tomatoes
- > 250g Baby Cucumbers
- > 100g Persian Feta
- > 1 Eggplant
- > ¼ Bunch Parsley
- > ¾ Cup Plain Yoghurt
- > 3 Tsp Garlic Dip
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1½ Tbsp Tahini
- > 1 Tbsp Flour or Corn Flour
- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat the oven to 150°C.

Pad dry the lamb shoulder. Rub in the Baharat spice mix, the pomegranate molasses, salt and pepper.

Cut the eggplants into 1cm discs. Peel and slice the brown onion. Cut across the garlic head in half. Slice the cucumber and tomatoes into ½ cm discs. Wash and chop the parsley. Set all ingredients aside.

2

In a deep baking tray, big enough to fit the lamb, place the onion and garlic on the bottom. Place the lamb on top, add water to the pan until lamb is covered 1/4 of the way up. Cover with foil, place into the oven and cook for 3 hours.

Remove tray from the oven and remove the foil. Tip out all the liquids and onions into a saucepan. Set garlic head aside for garnish.

Turn the oven heat up to 180°C, add the tray back into the oven and roast lamb for a further 30 minutes until golden brown.

3

For the gravy sauce, **bring all the lamb juices to the boil, then turn down heat to medium low. Add ¼ cup of a wine of your preference. Add a splash of vinegar and let it reduce for 1 hour until approximately 500ml is left in the pan. Add 1 Tbsp of flour or corn flour and mix with a stick blender until it thickens. Remove from heat and set aside.**

4

Meanwhile, **cook the farro as per packet instructions. Drain the farro, drizzle with olive oil and set aside.**

In a large frying pan on a high heat, drizzle a generous amount of olive oil, and sear the eggplants for 2-3 minutes on each side until golden brown. Season with salt and pepper, and set aside with the farro.

5

Place the cucumber, tomatoes and parsley into a mixing bowl. Drizzle with olive oil, toss well and set aside. Serve with a good amount of Persian feta.

In a separate mixing bowl, mix the yoghurt, garlic dip, tahini, and the juice of half a lemon. Set aside in the fridge.

6

Once lamb is golden brown and tender, **remove from the oven and let it rest for 10-15 minutes.**

Serve lamb with gravy, farro, eggplant, tahini yoghurt, and Persian feta salad.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au