



Vince's slow-roasted lamb shoulder with paprika and honey

'I'm the sixth generation to farm our land at Moorlands, near Dalton, NSW and the first to farm biodynamically. We grow award-winning Texel sheep that we've been selling to Feather and Bone since 2011.

This is a foolproof dish, inspired by a recipe in Greg and Lucy Malouf's book *Moorish*, which I've cooked for as long as I can remember. The original recipe uses boned, diced lamb but I love the texture and depth of flavour the shoulder gives to this dish, with the marrow and connective tissue softening into a rich, layered, gelatinous sauce. You just pop it in the oven in the morning before you head off round the farm, check it at morning tea and it's ready in the afternoon.'

Vince Heffernan, producer

Feeds: 8 | Preparation time: 15 minutes | Cooking time: At least 7 hours
Equipment: A large, cast-iron saucepan that will hold a whole lamb shoulder

2–2.2 kg (4 lb 8 oz–5 lb) whole square-cut lamb shoulder on the bone
1 tablespoon olive oil
2 large brown onions, diced
3 garlic cloves, coarsely chopped
1 teaspoon sweet paprika
Finely grated zest and juice of 2 lemons
1 tablespoon honey
800 g (1 lb 12 oz) tomatoes, harvested in season and frozen (or use tinned)
1 cinnamon stick
1 handful herbs from the garden (mint, rosemary, thyme, flat-leaf parsley, oregano)
1–1.5 litres (35–52 fl oz/4–6 cups) chicken stock or water
500 g (1 lb 2 oz) dried risoni or orzo pasta
2 red chillies (optional), coarsely chopped
Grilled haloumi, lemon wedges, crusty bread and a green salad, to serve

Preheat oven to 100°C (225°F). Season lamb shoulder with salt and freshly ground black pepper.

Heat olive oil in a large cast-iron saucepan over medium heat, add onion and garlic and cook gently, stirring occasionally, for 5 minutes until softened. Add paprika, lemon zest and honey, and stir to coat. Place seasoned lamb shoulder on top and add tomatoes, cinnamon, lemon juice, herbs and 500 ml (17 fl oz/2 cups) of stock or water. Bring to the boil.

Put the lid on and pop it on the bottom shelf of the oven. Let it gently cook for an hour or so, allowing the lamb to release some juices and fat. Take the saucepan out of the oven to check and add the rest of the stock or water, pop it back in and leave it for another 6 hours or so.

Half an hour before you're planning to eat, take the pan out, and add risoni or orzo and mix well. Return pan to the oven for another 25 minutes or until the pasta is cooked.

Serve with grilled haloumi dressed with a squeeze of lemon juice, fresh crusty bread and a crisp green salad.