

Lamb shoulder rubbed with garlic, cashew hummus, roasted carrots and parsnips and burnt lemon

Recipe for 4

Description

A tasty comfort dish that will leave you satisfied.

Ingredients

Lamb shoulder

- 1.20 Kg Lamb shoulder
- 3 Unit(s) Garlic
- 12 Unit(s) Garden carrot
- 3 Tbsp Honey
- 2 Sprig(s) Rosemary
- 4 Sprig(s) Thyme
- 2 Pinch(es) Coarse salt
- Salt and pepper

Hummus

- 1 Can(s) Chickpea box 398 ml
- 2 Clove(s) Garlic
- 100 Gr Cashew nuts
- 100 Ml Olive oil
- 2 Unit(s) Lemon juice
- Salt and pepper

Plating

- 2 Unit(s) Lemon
- 4 Unit(s) Pea sprouts
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

Lamb shoulder

Rub the lamb shoulder with the garlic clove, season lightly with kosher salt and pepper and sprinkle some rosemary.

Cover the meat with aluminium foil and put it in the oven for 40 minutes. Remove the foil and leave the lamb in the oven for an extra 40 minutes.

Cut the carrots lengthwise (you don't have to peel them, depending on the thickness).

25 to 30 minutes before it's ready, add the carrots and the thyme, baste regularly with the cooking juice to help to color the lamb.

10 minutes before it's ready, pour the honey onto the meat and baste again.

Remove the lamb from the oven and let it rest covered in foil for 30 minutes.

Keep the carrots in a pan with honey and some cooking juice to glaze them.

Cashew hummus

Soak the chickpeas in cold water overnight (idealy).

Strain them, put them in a blender, add the cashew nuts and the garlic cloves.

Blend it all until you obtain a 'mash' consistency, add the olive oil, the lemon juice and a pinch of salt if needed.

Taste, add seasoning if needed and store in the fridge.

Plating

Cut the ends of the lemon and half it. Place the two halves under the broil or use a blowtorch to give them some lovely charred color.

Slice the lamb shoulder, then in the plate, put a nice table spoon of hummus that you'll gently spread.

Put the meat over it, then the carrots here and there on the side. Pour on some of the cooking juices, place the charred lemon and the pea sprouts.

Sprinkle some 'fleur de sel' and freshly ground pepper.

Bon appétit!