

GREAT RECIPES  
AS SEEN ON

BRITISH  
MUSLIM 

# ROAST PULLED SHOUDLER OF LAMB



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**Serves 6-8** (meat portion size 100g-150g)

## Preparation time:

10 minutes

## Cooking time:

3-3½ hours

## Ingredients:

1.8kg/4lb lean whole shoulder of lamb or mutton (or whole leg of lamb or mutton)

Salt and freshly milled black pepper

1 x 125g curry paste or powder of your choice (we used Madras)

30ml/2tbsp tomato purée

1 x 400g can chopped tomatoes

400ml/¾ pint good, hot lamb or vegetable stock

1 x 400g can chickpeas, drained

Freshly chopped mint and coriander leaves, to garnish

## Method

1. Preheat the oven to Gas mark 3, 160°C, 325°F.
2. Put the curry paste, tomato puree, chopped tomatoes and stock in a large non-stick roasting tin approximately 40 x 30cm (16 x 12inch). Stir well.
3. Place the lamb on a chopping board and make several slits over the surface with a sharp knife. Season on both sides and transfer to the roasting tin. Spoon over the curry mixture.
4. Cover with parchment then foil and roast for 3-3½ hours (4-4½, if using mutton) turning occasionally. 20 minutes before the end of the cooking time add the chickpeas and continue to cook uncovered.
5. Garnish with the herbs and serve with warm naan or flat breads, a selection of chutneys and salad.