

POMEGRANATE LAMB SHOULDER



Prep Time

15 min

Cook Time

4 ½ hours

Level

Medium

Servings

6-8



Ingredients

Boneless Leg of Lamb (about 5 lbs.), tied for a roast, or a boneless lamb shoulder

3 teaspoons kosher salt

1 teaspoon ground black pepper

1 tablespoon olive oil

1 onion, chopped

1 carrot, peeled and sliced

1 celery stalk, sliced

2 tablespoons flour

2 cups red wine

2 cups chicken stock

1 cup pomegranate juice

3 tablespoons honey

½ teaspoon nutmeg

1 teaspoon fennel seeds

Directions

1. Pat lamb roast dry. Sprinkle with kosher salt and black pepper.
2. Put olive oil in a heavy bottom pot over medium-high heat.
3. When the oil is very hot, brown lamb on all sides for about 10 minutes.
4. Transfer lamb to a holding tray.
5. In the empty pot, add onion, carrot and celery and cook for 3 minutes, stirring occasionally. Add flour, stir and cook for another 2 minutes. Now add wine, stock, pomegranate juice, honey and spices. Scrape the bottom of pot for any flavor bits and bring to boil.
6. Place the lamb back into the pot, fat side up. Bring back to boil, remove any foam, then cover with lid, and reduce heat to low.
7. Simmer for 4 hours. The liquid should nearly cover the lamb at all times. You can add boiling water as needed to raise the level.
8. After 4 hours, remove lamb from the liquid and place on a tray. Cover with aluminum foil to keep warm. You can also keep the lamb covered in a 200°F oven.
9. Increase flame to medium and reduce the sauce for 20-30 minutes, until very thick consistency. Taste and add salt as needed.
10. Slice lamb and serve with sauce on the side. Serve & Enjoy!