

Indian Roasted Lamb Shoulder

6 garlic cloves
40g fresh ginger peeled
1 tbsp garam masala
2-3 coriander roots
1-2 fresh red chillies or to taste
½ tsp turmeric
2 tsp salt
2 large brown onions peeled and halved
40g olive oil
1 tbsp ground coriander
1 tbsp ground cumin
1 tbsp smoked paprika
400g tin whole tomatoes
200g greek yoghurt
Fresh coriander leaves
Lamb shoulder

Add garlic, ginger, garam masala, coriander roots, chillies, turmeric and salt into the bowl and blitz on **Speed 8 for 30 seconds**. Rub over the lamb and allow to marinade overnight or for a few hours.

Preheat oven to 150°.

Add onions, coriander, cumin, paprika and oil and chop on **Speed 5 for 3 seconds**. Scrape down the sides and cook for **10 minutes at 120° Reverse Speed Soft**. (TM31 use Varoma Temp)

Add tomato, yoghurt and coriander leaves and mix on Speed 4 for 10 seconds. Pour over the lamb in a large oven proof dish. Bake for 3 hours or until cooked to liking.

When cooked, allow to rest then serve on a bed of spinach leaves and with a simple yoghurt dressing and naan breads.