

INGREDIENTS:

900g lamb shoulder
2 medium onions
12 baby turnips
3 tablespoons runny honey
1 garlic clove
1 teaspoon ground cumin
2 strands of saffron
400ml vegetable stock made with a capsule
2 tablespoons olive oil
2 tablespoons chopped flat-leaved parsley
Sea salt
Freshly-ground black pepper

TIME: 3 hrs**SERVING:** 4 people

Peel and chop the onions and the garlic. Cut the meat into four chunks then tie each one up with string so it keeps its shape during cooking. Heat the oil in a deep casserole and brown the meat on all sides. Remove the meat, add the onions and garlic to the pot and cook gently for eight minutes, then replace the meat and season well. Pour in the honey and allow it to gently caramelize then add the cumin, saffron and stock, cover and cook for two and a half hours over a low flame, turning the lamb from time to time, adding the peeled turnips after an hour and a half. Add a little more stock if needed but the sauce should have an almost syrupy consistency. Stir in the parsley just before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: