



Moroccan Lamb

Packed with flavour.



Moroccan Lamb with honey.

Fast food with a difference - perfect for using left over lamb - served with a focaccia of your choice.

Ingredients...

1 shoulder of lamb or left over roast meat
1 tablespoon cumin
½ tablespoon paprika
½ tablespoon Sumac
½ tsp cinnamon
½ tablespoon grated ginger
Pinch ground ginger
2 garlic cloves, crushed
1½ lemon juice
2.5 tablespoons olive oil
1 onion, diced into quarters
100mls of vegetable or chicken stock
Fresh parsley and /or mint to dress

Approach...

In a bowl or large pestle (you can grind together for more flavour) mix all the spices together and then add the lemon juice and olive oil to form a paste - make sure you have enough to cover the joint. Slit the lamb with a sharp knife (ask your John Munro butcher to do this for you if you want) and rub the paste in - make sure your slits are deep and well filled as you want the spices to get into the centre of the lamb. Cover and marinate for an hour to two – preferably overnight if you can. If you are using left over roast meat, simply mix all in a bowl and then marinate.

Place the lamb in the slow cooker scatter the onions on top and pour in the stock. Put on the lid and cook on low for 8 hours (approx 3 hours if you are using left over roast meat).

When the lamb is done remove from the cooker and leave on a board to rest for around 10 mins. When you're ready to eat shred the lamb with a fork and scatter fresh parsley or fresh mint on top and eat with the focaccia - don't forget to add a dip or fresh yogurt and a fresh leaf salad.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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