

# Lamb shoulder confite in a cocotte, apricot, carrots, butternut squash puree

## Recette pour 4 personnes



## Description

Beautiful braised lamb, accompanied by carrots, apricots and a creamy rich butternut squash purée. Perfect for winter.

## Ingrédients

North African spice mix

- 10 Gr Cardamom
- 22 Gr Fennel seeds
- 10 Gr Coriander seeds
- 6 Gr Cinnamon powder
- 15 Gr Fresh ground black pepper
- 5 Gr Four spice mix
- 3 Gr Curcuma
- -10 Gr Ground ginger
  
- Salt and pepper
- Butter
- Olive oil

Lamb shoulder

- 2 Kg Lamb suckling shoulder
- 400 Ml Chicken stock
- 20 Unit(s) Dried apricots
- 8 Unit(s) Carrot
- 1 Sprig(s) Thyme
  
- Salt and pepper
- Butter
- Olive oil

Confit onions

- 2 Large White onion
- 6 Clove(s) Garlic
- Salt and pepper
- Butter
- Olive oil

### Smoked paprika squash purée

- 1 Kg Butternut squash
- 450 Ml Milk
- 400 Ml Water
- 0.50 Tsp Smoked paprika
- 75 Gr Butter
- 35 Ml Olive oil
- 2 Clove(s) Chopped garlic
- Salt and pepper
- Butter
- Olive oil

### Préparations

Temps de préparation **90.00 mins**

Préchauffez votre four à 300.00 F°

#### Preparation

If necessary, denerve and degrease your lamb shoulder (most butchers will do this for free).

Peel the carrots and cut them into round slices.

Peel the onions and finely chop them.

Peel the garlic.

Peel the butternut squash and cut into cubes so as to cook faster.

#### North African spice mix

With a mortar and pestle, grind the spices separately. Combine once ground.

#### Lamb shoulder

Season the lamb shoulder with salt and the spice mix.

In a hot casserole with a bit of olive oil, sear the shoulder on all sides on medium heat. Remove the lamb and get rid of excess fat in the casserole. Place the meat back in the casserole and add the chicken stock. Bring to a boil, then cover and put in the oven.

Cook in the oven for roughly one hour, wetting the meat with its cooking juice on occasion.

After 30 minutes, Add the carrots.

After 1 hour, Add the apricots, and continue cooking for 15 minutes.

#### Confit onions

Heat a frying pan with a thread of olive oil. Sweat your onions for about 10 minutes on low heat. Season with fleur de sel. Add the whole garlic cloves and continue cooking on low until the garlic is tender. Once cooked, you can slightly increase the heat to caramelize the preparation.

#### Smoked paprika squash purée

In a saucepot, bring the milk and water to a boil. Add the squash and chopped garlic. Cook for roughly 10-15 minutes or until the squash is tender. Strain the cooked squash, but save the cooking liquid in case you need to rectify the texture of the purée. Put the cooked squash and garlic in a blender or food processor. Blend, while slowly adding the butter, oil and smoked paprika. Taste and season to desired result.

#### Plating

Cover the lamb shoulder with confit onions and place on your plate. Make a nice line of squash purée beside. Place the carrots and apricots here and there, to create the look you desire.

**Bon appétit!**