

# Langsam gedünstetes Lamm mit Gemüse

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**Typ:** Fleisch

**Quelle:** <https://www.bbc.co.uk/food/recipes/>

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**Bemerkungen:** Slow roast shoulder of lamb, glazed vegetables and mint hollandaise.  
Zu Gails Geburtstag 6 Mai 23. Lammkeule, entbeint. Keine Hollandaise. Kein Grünkohl! Vielleicht eine Stunde zu lang im Backofen. Zu viel Flüssigkeit. Gemüse: Petersilienwurzel, Karotten, Lauch, Kohlrabi, Sellerie, grüne Bohnen Erbsen. Lammfond aus Knochen und Gemüse getrennt gekocht.

**Zutaten:**

LAMB  
30g butter, softened  
3 garlic cloves, crushed  
1 tbsp chopped thyme  
1 tbsp chopped rosemary  
1 shoulder of lamb, bone in  
splash olive oil  
12 small round shallots, peeled  
400ml sweet cider  
2 bay leaves  
450ml lamb stock  
4 large carrots, peeled  
6 small baby potatoes, peeled

HOLLANDAISE  
3 free-range egg yolks  
250g clarified butter  
100ml white wine  
25ml white wine vinegar  
1 shallot, diced  
4 peppercorns  
1 bunch mint, chopped  
1 tbsp Dijon mustard

FOR THE GREENS  
100g green beans  
4 baby leeks  
25g butter  
1 handful kale leaves

**Rezept:**

Preheat the oven to 160C/140C Fan/Gas 3. Mix the butter with the garlic, thyme and rosemary. Using a sharp knife, pierce the lamb all over. Rub all over with the olive oil and season well with salt.

Heat a large deep ovenproof pan on a high heat and brown the lamb all over. Spread the herby butter over the lamb, add the shallots and continue to cook for a minute or two.

Add the cider and bay leaves and bring to the boil. Add the stock and cover with foil. Cook in the oven for 3 hours.

Lift the foil and add the potatoes and carrots to the pan. Baste the meat with its cooking juices and recover for further 2 hours.

Meanwhile, to make the hollandaise, pour the wine and vinegar into a pan and place over a medium heat to reduce by half. Then add the shallots and peppercorns, lower the heat and whisk in the eggs. Remove the peppercorns before slowly incorporating the clarified butter. Once creamy and combined, add the chopped mint and Dijon mustard, and season.

To make the greens, put the beans and leeks into a small pan of boiling salted water and the butter. After 3–4 minutes, add the kale and cook through for another few minutes. Remove, drain and keep warm.

Serve the lamb with roasted veggies, greens and hollandaise sauce.