



## SPICY LAMB SHOULDER CONFIT WITH GRILLED EGGPLANT

### INGREDIENTS

Serves 6 people

- 1.2kg lamb shoulder (with or without bone)
- 20cl olive oil
- 80g of Raz El Hanout (spice mix)
- 1 onion
- 1 large carrot
- 1 stalk of celery
- 1 head of garlic
- 2 eggplants
- 1 bunch of thyme
- Salt
- Pepper



### DIRECTION

- 1) Marinate the shoulder lamb in 10cl of olive oil, Raz El Hanout, thyme, salt and pepper (to taste). Massage the marinade into the meat with your hands. Refrigerate for at least 2 hours.
- 2) In a casserole dish, brown the meat with the remaining olive oil. Cut the onion and carrot into quarters. Brown them with the meat and the garlic. Cover three-quarters of the casserole with water. Cook covered, in the oven at 85°C for 8 hours.
- 3) While the meat is cooking, cut thin slices of eggplant and grill them (in a pan or on a barbecue). Store in the refrigerator.
- 4) When the meat is tender, shred it; Adjust the seasoning to taste.
- 5) For the dressing, place the eggplants flat in a mold, bringing them up the sides to the edges of the mold. Add the shredded meat and press/pack well.
- 6) Turn over onto a baking sheet. The meat should not be visible, only the eggplants. 10 minutes before serving, reheat in the oven at 160°C.

#### ACCORD VIN

Mas du Silène des Peyrals ORGANIC, Grès de Montpellier