



LAM(B)Y BOERIE ROLL

SMOKED PULLED LAMB WITH ONION SMOOR



LAMB

1,5 kg Lamb shoulder
2 tablespoons Kosher salt
1 tablespoon Oil
3 tablespoons Crushed coriander seeds
1 teaspoon Ground cloves
1 tablespoon Coarse salt
½ tablespoon Ground black pepper
½ teaspoon Nutmeg
2 teaspoons Allspice
2 teaspoons Brown sugar
¼ cup Dry red wine

STOKBROOD

1 kg Pre-pared bread dough (or bought at the local supermarket)
1 tablespoon Seasoned salt / biltong rub
1 tablespoon Olive oil
6 Skewers or sticks

ONIONS

3 medium Onions, peeled and sliced
1 tablespoon Olive oil
1 tablespoon Butter
½ teaspoon Salt

TO SERVE: Mustard and Ketchup



A 'stokbrood' style roll filled with smoked boerewors flavoured pulled shoulder of lamb and served with a sumptuous onion smoor.



PREPARE THE LAMB:

1. Salt the lamb well an hour before placing it in the smoker or in a prepared pot on top of the stove.
2. Rub the lamb with the oil and make a rub for the lamb by combining the coriander seeds, cloves, salt, pepper, nutmeg, allspice and brown sugar. Sprinkle the rub over the lamb and rub into the meat. Sprinkle with the red wine.
3. Place a piece of foil on the bottom of a pot. Sprinkle with a few tablespoons of wood shavings for food smoking or a mixture of rice and rooibos tea, coriander seeds and rosemary.
4. Put in a steamer insert as flat as it will go. Place the lamb on top of the steamer, leaving room for the smoke to circulate.
5. Close the pot, and generously scrunch enough foil around the edges of the lid to ensure that no smoke can escape.
6. Put the pot over high heat for about 5 minutes or until the chips start smoking. Lower the heat to medium-low and cook for a further 30-40 minutes (the lamb may need extra time in the oven to finish off cooking).
7. Remove the pot from the heat and leave the meat to rest for about 10 minutes.
8. Remove the foil. If the meat is cooked through, it is ready to eat, if further cooking is required transfer to an oven pan and finish in the oven at 160° for another 30-60 minutes. The internal temperature of the lamb should be between 90°C and 95°C.
9. Wrap and rest the lamb for 30-60 minutes before shredding using 2 forks to create a pulled meat effect.

PREPARE THE STOKBROOD/STICK BREAD:

10. Divide the dough into balls of about 100 -125g of dough (8-10 balls for a kg dough).
11. Roll the dough into long strips and twist around the skewers or sticks. Roll in the seasoned salt and cook over open flames or bake in the oven at 200° for 10-12 minutes until cooked through and brown or slightly charred.

PREPARE THE ONION SMOOR:

12. Heat a large pan over medium heat, add the oil and butter, heat until the butter has melted.
13. Add the onion slices and stir to coat the onions with the oil mixture. Cook over medium heat and sauté until brown and caramelized, about 10 minutes. Season with salt and turn down the heat cover the pan and let the onions 'smoor' over the low heat until cooked though.

ASSEMBLE THE LAM(BY) BOERIE ROLL:

14. Cut a prepared stokbrood lengthwise keeping the one side intact. Smear the boerie roll with some mustard and ketchup if preferred.
15. Place some of the pulled lamb on the bread, place some smoor onions on top add mustard and ketchup if desired and serve with a fresh slaw. Or if preferred break the stokbrood into pieces and use it to scoop up the meat and onion mix.

EQUIPMENT: LA GERMANIA

YIELDS: 4-6 servings

PREP TIME: 30 minutes

COOKING TIME: 2 - 3 hours

TOTAL TIME: 2.5 - 3.5 hours

