



Borrego Mexicano (Mexican Pulled Lamb)



INGREDIENTS

Half lamb shoulder, on the bone
250ml/9fl oz dry cider or apple juice

Dry rub:

2 tbsp fennel seeds
½ tbsp coriander seeds
½ tbsp cumin seeds
1 tbsp smoked paprika
2 teaspoons of dried chipotle chilli

2 garlic cloves

2 tbsp brown sugar

1 tbsp black peppercorns

Barbecue sauce:

300ml/10fl oz passata

1 tbsp Dijon mustard

2 tbsp sugar

60ml/2fl oz cider vinegar

Serves 4

Prep time: 15 mins

Cooking time: 2 hours 45 mins

Total time: 3 hours

Use bone in shoulder of lamb.



This delicious lamb recipe is quick to prepare and delicious. Smoky, spicy and sweet with lots of tangy BBQ sauce. Like pulled pork, its great for lunch with coleslaw in a roll or wrap. There's loads of sauce with this recipe so it is also good with rice or quinoa and green beans for dinner.

INSTRUCTIONS

1. Preheat the oven to 180C/350F/gas 4. Grind the dry rub ingredients in a pestle and mortar until coarse.
2. Place the lamb in a large baking tray and sprinkle generously with salt. Follow this with the dry rub, making sure you get in all the nooks and crannies. Place in the oven for 45 minutes.
3. Pour over the cider, cover with tin foil and return to the oven for another 1½-2 hours until the meat is tender. Return to the oven for a bit longer if you can't pull the meat apart with two forks. Cooking time will vary a bit according to the size of the shoulder of lamb.
4. Remove from the oven. Keeping the lamb in the pan, carefully pour off the liquid into a large saucepan. Skim off the fat as much as possible. Bring to the boil and add the barbecue sauce ingredients. Season to taste.
5. Turn the heat down and leave to bubble for about 10–15 minutes, until it has thickened and reduced a little. Pull the lamb apart with a couple of forks and tear over coriander leaves before serving with the sauce and crème fraiche.