



Coffee & Walnut Rub Lamb

WITH CRUNCHY MACADAMIA OIL POTATOES



INGREDIENTS

1.5kg Lamb shoulder, fat layer scored
2 Tbsp freshly ground coffee beans
2 tsp Sea salt
2 Tbsp Brown sugar
5 cloves Garlic
5g Rosemary, leaves only
1/2 cup pitted green olives
1/2 cup walnuts
1/2 cup Plenty Walnut Oil
1/2 cup Plenty super high oleic Safflower Oil (AKA "Heart Smart")
5g of thyme, including stalks
1 Tbsp Cornstarch
2 Tbsp Water
Juice from 1 Pomegranate
1kg Roasting potatoes, small to medium size, halved

Garnish

1/2 cup pitted green olives, roughly chopped
1/2 cup walnuts, roughly chopped
2 Tbsp Plenty Walnut Oil
Seeds from 1 Pomegranate

METHOD

1. Into a food processor, add coffee, sea salt, brown sugar, garlic, rosemary, olives, walnuts and Plenty Walnut Oil and blend till it makes a paste. Place lamb onto a large baking tray and generously coat the entire lamb in the rub. Cover with baking paper and aluminum foil and refrigerate for an hour.
2. Preheat oven to 150°C. Remove lamb from the fridge and allow it to come to room temperature for about 20 minutes, then bake for around 4 hours, leaving it covered for 3 hours then uncovered for the final hour. Remove from the oven and set aside on a plate to rest. Cover loosely with baking paper and aluminum foil again, so it retains as much moisture as possible. Retain the liquid in the baking tray and set aside.
3. Preheat oven to 220°C.
4. Add potatoes to a large pot full of salted, room temperature water, enough to cover, then bring to a boil. Simmer for 8 - 10 minutes. Drain well, then shake the potatoes in the colander a little until they're rough around the edges and some have small cracks in them. This allows the oil to work its magic.
5. While the potato is cooking, add 1/2 cup of Plenty Heart Smart Oil to a roasting dish and heat in the oven for around 10 minutes. Once the potatoes are ready, carefully roll them in the hot oil and bake for around 30 - 35 minutes, turning a few times. Serve with sea salt and drizzles of Plenty Walnut Oil. (cont'd next page)

Serves 4
Complexity - medium
40 minutes prep
1 hour marinate
4 hours cook

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



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METHOD CONT'D

6. As the potatoes roast, bring the lamb roasting pan juices to a simmer on the stove top and allow them to reduce a little. Each lamb will have different quantities of pan juices. What you're looking for is richness of flavour, so if there is a lot, reduce by half. If there isn't much, don't reduce much at all. Taste as you go, adding a tablespoon of pomegranate juice at a time to brighten the flavour. Salt and cracked pepper to taste.
In a small bowl, mix cornflower and water, and add to
7. the pan juice sauce at a low heat and whisk until it thickens a little. Keep warm and set aside.
In a fry pan over a medium heat, sauté garnish olives
8. and walnuts, allow the mix to warm and wilt and the walnuts to char a little, remove from heat and add Plenty Walnut Oil set aside.
9. Serve the entire lamb cut as a table centerpiece. Sprinkle with warmed garnish ingredients and pomegranate seeds, loads of crunchy potatoes, pan juice sauce and drizzles of Plenty Walnut Oil to finish.

TIPS

- Crumble fetta over the lamb for a really rich finish to the meal.
- If there's any potatoes left, keep them for good old-fashioned bubble and squeak the next day. Just drizzle with a quick vinaigrette of Plenty Walnut Oil, lemon juice, salt & pepper.
- Leftover lamb is amazing in salad, use the Plenty Macadamia Oil salad dressing recipe from our Crumbed Barramundi recipe also on our website. Swap out the Macadamia Oil for Plenty Walnut Oil for a perfect flavour match.



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia. We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.