

# Alberta Lamb Shoulder Braised in Red Wine and Saskatoons



## Ingredients:

1 Alberta Lamb shoulder – boned and rolled (talk nice to butcher)  
3 tbsp olive oil  
½ tsp crushed dried chilies  
½ yellow onion - diced  
1 medium carrot - diced  
2 stalks celery - diced  
1 cup dry red wine  
2 cups beef broth  
1 cup Saskatoon berries  
2 tbsp liquid honey  
Salt and pepper to season

## Method:

To a heated pan add olive oil, rub shoulder roast with salt, pepper and chilies. Add roast to hot pan and sear until brown on all sides. Remove from pan – set off to the side. Add diced onion, celery and carrot to same pan and sauté until browned slightly. Deglaze with red wine followed by beef broth. Bring to a simmer and add Saskatoon berries and honey. Add salt and pepper to taste. Cover and braise in a 350F oven for 2 hours. Serve over creamy mascarpone mashed potatoes and steamed vegetables.

Recipe courtesy Chef Darren Nixon

## Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)