

Red Wine Braised Roulade of Lamb



Ingredients:

6 – 6 oz. portions of boneless Alberta Lamb Shoulder
½ diced onion; 2 diced shallots
1 teaspoon diced garlic
1 cup red wine; 1 cup chicken stock
6 pieces diced side bacon
Salt and black pepper
1 cup fresh white bread crumbs
1 tablespoon olive oil

Method:

Sauté bacon until browned. Add onion, shallots and garlic – cook until transparent. Add bread crumbs and season well with salt and black pepper.

Place lamb shoulder between plastic wrap and flatten with meat mallet.

Divide filling among 6 lamb portions and secure roll with a toothpick.

Brown each roulade in frying pan. Deglaze frying pan with red wine and add chicken stock.

Cover and braise (cook gently) for 90 minutes or until tender.

Your Notes



You've got **GREAT** taste!

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