

French Braised Shoulder

1 lamb shoulder, 3 - 4 lbs.
1/2 tsp. pepper
1 tsp. salt
1/2 tsp. paprika
1/4 tsp. nutmeg
1/2 tsp. sugar
3 tbsp. melted margarine or salad oil
2 onions, sliced

Use either a boned and rolled shoulder or an unboned type. Serve with parsleyed rice mixed with buttered green peas.

Mix together the salt, pepper, paprika, nutmeg and sugar. Coat the meat. Brown over medium heat, turning until all the meat has a golden brown colour all over, then add the onions, stir in the fat for a few seconds. Cook 1 1/2 - 2 hours or until meat is tender.

To make the gravy, remove lamb, bring drippings to a boil over direct heat, until it has a nice consistency, stirring constantly.

Serves 6.