

## Slow-cooked Lamb

serves 4

Slow-cooked lamb shoulder in broth with sweet-potato and parmesan gnocchi – delicious Autumn fare.



### Ingredients | Method

1 2kg lamb shoulder, bone-in  
2 onions, chopped  
1 tbsp organic coconut oil  
Himalayan salt to taste

#### Gnocchi

2 unpeeled sweet potato  
2 eggs  
½ cup finely grated parmesan

3 tbsp Bragg organic seasoning  
1 can organic coconut milk  
2 tsp ground cumin, 2 tsp Chinese 5 spice,  
3 tsp fresh thyme leaves, 2 cloves garlic  
(crushed), fresh herbs (mint or parsley)

Himalayan salt to taste  
Pepper  
1 cup gluten-free organic flour

- 1 To your slow cooker add lamb shoulder, chopped onions, coconut oil and salt. Then add the Bragg seasoning and coconut milk, and spice it up with cumin, 5 spice, thyme leaves and crushed garlic. Add more as desired. Allow to slow cook for at least 5 hours on high.
- 2 To make gnocchi, roast 2 sweet potatoes and let them cool. Peel the skin off. Whizz up in food processor with 2 eggs, parmesan cheese, salt, pepper and flour. Roll into little balls on a floured surface with floured hands.
- 3 In a large saucepan, boil salted water with 2 tbsp organic butter or coconut oil. Once the water boils, drop in the gnocchi, no more than 20 at a time. Gnocchi is ready to scoop out once they float to the surface.
- 4 Pull apart or slice the lamb, place with some broth in a bowl. Add gnocchi to broth, scatter with extra parmesan and fresh herbs. Serve immediately.

### Recipe #17 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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