



---

Secret Foodies Recipes

# Lamb El Helou with Prune Sauce and Orange Blossom Carrots

A Middle Eastern inspired recipe for lamb lovers

After attending the recent [Legends of Lamb](#) dinner in Sydney we were inspired to seek out more lamb recipes so caught up with Australian-Lebanese Head Chef, Simon Zalloua from Sefa Kitchen in Bondi Beach. Simon trained at Rockpool on George Street before leading the team at Embers Bar and Dining in Darlinghurst. In 2012 when Sefa Kitchen opened he became the Head Chef. Simon combines his classic training with his Lebanese heritage to bring a new refined style of Middle-Eastern dining. One of his stand-out dishes is his Lamb El Helou with Prune Sauce and Orange Blossom Carrots. We convinced Simon to share the recipe with us so you can try it at home!

## **Ingredients**

### **Lamb:**

Lamb shoulder bone in 1  
1/2 tablespoon cumin  
1/2 tablespoon ginger powder  
1/2 tablespoon turmeric

1/2 teaspoon cinnamon powder  
1 heap tablespoon tomato paste

**Sauce:**

200g pitted prunes  
1/2 brown onion  
2 garlic cloves  
200ml water

**Salad:**

100g carrot  
1/2 cup mint washed  
1/2 cup parsley washed  
Orange blossom water  
1/2 Lemon Juice

**Method**

1. Pre heat oven to 160 degrees. Rub the lamb shoulder with the tomato paste and salt for seasoning. Combine all the spice powders together and then rub into the lamb. Covering all parts of the meat.
2. transfer the lamb to a deep dish, add 1 cup water and cover with foil.
3. cook the lamb for 3 - 4 hours or until the meat is tender and flaking.
4. prepare the carrot salad by peeling and cooking them in salt water until tender but with a little crunch. Take out of the water and let to cool to room temperature.
5. Prepare the prune sauce by placing the diced onion and garlic in a pan with olive oil and cook until nicely soft and translucent. Add the water and prunes and immediately take it off the heat.
6. Once the lamb has come out of the oven and rested for 20 minutes begin to assemble the dish. Prune sauce on the bottom of the platter. Followed by the tender lamb as a whole piece. Finally slice your carrots into chunky rounds, add your parsley and mint and a couple of drops of orange blossom. Dress the lamb with the carrot salad and serve

If you're a lamb lover and want to read more stories about lamb click here:

<http://eatdrinkplay.com/legends-and-lamb-dinner/>

<http://eatdrinkplay.com/i-love-lamb/>

---

[www.secretfoodies.com.au](http://www.secretfoodies.com.au)