

BBQ PULLED AMERICAN LAMB SHOULDER

Ingredients	Amounts
<i>Paprika and Cumin Rub</i>	
Paprika	2 Tbsp.
Cumin	1 Tbsp.
Salt	1 Tbsp.
Ground black pepper	1 Tbsp.
Granulated garlic	1 Tbsp.
American Lamb shoulder, bone-in, 6-8 lb.	1 ea.
Garbanzo beans, cooked in chicken stock until tender	2 cups
Smoked Early Girl Tomatoes, chopped	6 ea.
<i>Yogurt Sauce</i>	
Yogurt	1 cup
Vindaloo spice	1 Tbsp.
Cumin	1 tsp.
Coriander	1 tsp.
Lemon juice	as needed
<i>Pickled Fresno Chilies</i>	
Seasoned rice vinegar	1 cup
Water	½ cup
Salt	1 Tbsp.
Fresno chilies	1 lb.
<i>Herb Salad</i>	
Mint, picked	½ cup
Basil, picked	½ cup
Cilantro, picked	½ cup
Olive oil	as needed

Method

1. *For the Rub:* Mix the ingredients for the rub together in a mixing bowl, set aside.
2. Rub seasonings on all sides of lamb shoulder, reserving some for later use.
3. Heat smoker to 250°F.
4. Smoke lamb shoulder for 8 hours.
5. Heat the plancha or a flattop until smoking hot.

6. Remove lamb from the smoker when internal temperature reaches approximately 200°F. Rest for 10 to 20 minutes. Pull apart into strands. Season again with rub.
7. Oil plancha. Place pulled lamb on plancha or flattop. Cook until crispy; remove from heat.
8. In pan, heat garbanzo beans and stir in chopped smoked tomatoes.
9. *For the Yogurt Sauce:* Mix yogurt, vindaloo, cumin, coriander and lemon juice together.
10. *For the Pickled Fresno Chiles:* In separate pan, heat vinegar, water, and salt until salt is dissolved. Remove from heat and pour over Fresno chilies. Allow to cool to room temperature and reserve for later.
11. *To plate:* Place garbanzo beans with tomatoes on plate; top with lamb. Dress with yogurt mixture, garnish with pickled Fresno chilies, herb salad, and drizzle with olive oil.

Source: As presented to The Culinary Institute of America and The American Lamb Board by Chef Stephen Barber of Farmstead Long Meadow Ranch. 2018.