



BERTUS  
COOKS 

DARKLY BRAISED LAMB  
SHOULDER  
ON LONG GRAIN RICE WITH RED CABBAGE  
& BACON KIMCHI.

DARKLY BRAISED LAMB SHOULDER

 INGREDIENTS

- ¼ cup Maldon salt
- 2 tablespoons freshly ground black pepper
- 1.5 kg lamb shoulder
- 2 tablespoons canola oil
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 garlic cloves, minced
- 1 cup chopped mushrooms
- 1 jalapeño pepper, chopped (seeds and all).
- ½ cup brandy, bourbon or nicely matured rum
- ¼ cup tomato sauce.
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 3 tablespoons sorghum
- ¼ cup black bean paste
- 60g bittersweet chocolate, finely chopped
- 6 cups chicken stock, or as needed
- Cooked long grain rice for serving.

 METHOD

1. Make a rub by mixing the salt and pepper together in a small bowl. Rub this all over the lamb shoulder and let sit at room temperature for about 30 minutes.
2. Heat the canola oil in a cast iron pot on medium-high heat. Once the oil is hot, add the lamb shoulder and brown on all sides, about 3 minutes on each side.
3. Add all the vegetables to the pot, tucking them around the meat so they will brown a little. After about 3 minutes, add the bourbon, tomato sauce, soy sauce, balsamic vinegar, sorghum, black bean paste, chocolate, and stock. The liquid should completely cover the lamb;

but if it doesn't, add more stock or water to the pot.

4. Bring this to a simmer over medium-high heat. Skim any foam that rises to the top. Lower the heat, put the lid on the pot, and simmer gently for 2 ½ hours. Take the lid off the pot and cook for an additional 30 minutes.
5. Turn off the heat as soon as the meat is “fall-off the bone tender”, and let the lamb rest for about 15 minutes.
6. Transfer the lamb to a cutting board. Slice the meat against the grain or pull it off the bone in large chunks.
7. Serve it over the rice.



# RED CABBAGE AND BACON KIMCHI

## 🍷 INGREDIENTS

- 2 red cabbages (1.8-2.2 kg total)
- ½ cup Maldon salt
- 3 cups water
- ½ cup sweet rice flour  
(ground from short-grain rice)
- ¼ cup sugar  
(Alternatively, a kimchi starter can be used)
- 2 small red onions, thinly sliced
- 340 grams carrots, coarsely grated
- 3 green apples, cored and thinly sliced
- ½ cup Korean chili flakes
- ½ cup fish sauce
- 3 garlic cloves, grated with a micro-plane / zester
- Knob of ginger, grated with a micro-plane / zester
- 3 strips crispy fried bacon, drained on paper towels, and crumbled

## 🛒 METHOD

1. Shred the red cabbage by hand or in a food processor and transfer to a large bowl.
2. Sprinkle the salt over the cabbage and toss thoroughly. Let rest for 40 minutes, then drain, rinse, and return to the bowl.
3. Meanwhile, make the paste if you did not find a starter – it's really simple: Combine the water, rice flour, and sugar in a medium saucepan and bring to a simmer, stirring constantly, until the mixture thickens, 1 to 2 minutes & allow to cool.
4. Combine the red onions, carrots, green apples, chili flakes, fish sauce, garlic, and ginger in a large bowl with the red cabbage.
5. Fold the above into the cooled paste.
6. Add the bacon and mix thoroughly.
7. Wearing clean latex gloves, mix all thoroughly into the red cabbage.
8. Transfer the kimchi to glass jars or airtight plastic container with a tight-fitting lid. Let stand at room temperature for 24 hours, then refrigerate.
9. The kimchi will be ready to eat in 4 or 5 days, and it will keep for another 2 weeks.

