

Caveny Farm Braised Lamb Shoulder Steaks



This simple recipe always turns out great. It is the recipe we use for lamb shoulder tastings at Rustic Road Farm. Recipe is the same for round bone steaks and blade cut steaks.

Preparation:

Thaw steaks in refrigerator 24 to 36 hours prior to cooking. Salt both sides with coarse kosher salt and freshly ground black pepper to taste. We further season ours with Mediterranean Lamb Rub from [the Spice House](#)¹. Slice or coarsely chop enough white or yellow onions to cover the shoulder steaks.

Cooking:

Preheat oven to 350 °F. Heat some oil in an oven-proof skillet over medium-high heat. When oil is hot, arrange shoulder steaks so that they do not touch, and brown briefly on each side. While the second side is browning, completely cover with onion. Salt and pepper the onion. Cover the skillet with a tight lid or with foil. Do not add any other liquid. Move to hot oven and roast at 350°F for 1-2 hours. The steaks need to roast long enough that the [Maillard reaction](#)² begins; you will know this has happened when the onions are browned.

Presentation:

There should be a goodly amount of au jus from the onion and meat. Transfer meat and juices to a crock pot to keep warm or to a serving dish.

¹ 577 S 3rd St, Geneva, IL 60134).

² https://en.wikipedia.org/wiki/Maillard_reaction