Main dishes / Oman

Shuwa

Lamb in a spice paste, wrapped in leaves and cooked for a full day. Oman's dish for Eid.

Time 520 min **Servings** 8

What you'll need.

- ☐ 3 kg Leg of lamb
- ☐ 2 tbsp Ground coriander
- ☐ 1 tbsp Ground red pepper
- ☐ 10 clove Garlic
- ☐ 100 ml Vegetable oil
- ☐ 700 g Basmati rice — to serve
- ☐ 3 tbsp Ground cumin
- ☐ 1 tbsp Turmeric
- ☐ 3 piece Dried lime
- ☐ 4 tbsp Vinegar
- ☐ 4 piece Banana leaves or foil
- ☐ Salt — to taste

Let's make it.

01 Grind the garlic, all the spices, the crushed dried limes, vinegar, oil and salt into a thick paste.

02 Cut deep slashes to the bone and rub the paste inside them and all over the outside.

03 Refrigerate overnight, twelve hours at least.

04 Wrap the meat in banana leaves, then tightly in two layers of foil. No gap may remain.

05 Set the parcel on a tray, pour a cup of water into the tray and bake at 130 °C for eight hours.

06 Unwrap it, pour off the juices and cook the rice in them. Pull the meat into threads by hand.

07 Serve the meat over the rice, from a shared platter, eaten by hand.

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