

Slow Roasted Lamb Shoulder

Ingredients –

- Shoulder of lamb, bone in
- Rosemary
- Onions
- Garlic
- Vegetable / lamb stock
- Red wine
- Olive oil
- Butter
- Salt & pepper

Method –

1. Whack your oven up to full heat before you get started.
2. Place rosemary in large baking tray, use as much as you have, keep a couple of sprigs to one side for later, if your rosemary in the garden needs a good pruning feel free to include some thicker stems and branches too, this will raise the lamb slightly off the bottom of the tray.
3. Roughly chop onions into wedges, crush garlic cloves roughly, with the flat of a knife will do, they don't need to be finely chopped. Bang the onion and garlic in the tray with the rosemary, you want about 5 cloves in the tray and 2 to one side for now
4. Lightly score the fat on the lamb shoulder with your knife and get it in the baking tray with the rosemary, garlic and onions. Try and make sure your meat is at room temperature before you start cooking, going from fridge direct to oven will shock the meat fibres and reduce the tenderness in final product.
5. Place around 250ml of stock and 250ml of red wine in a saucepan with your leftover garlic and rosemary, bring to an intense boil, getting it as hot as you can, you want to really infuse that rosemary flavour into your liquid.
When cooking any shoulder, not just lamb, it's all about using those delicious fats to cook through and tenderise the meats, sharing their flavour as they go, the next step is going to help with this.
6. Now pour wine and stock mixture slowly over the top of the lamb, this will give those fats a head-start on melting and get them working from the instant it goes into the oven.
7. Cover with foil and place in the oven for 5 minutes at the same time turn the temperature on the oven down to 160.
8. Remove from oven, generously cover with olive oil and chuck on a couple of good generous knobs of butter, season, re-cover and place back in oven for around 3.5 hours.



9. Take your joint out, uncover, and baste with all the juices in the bottom of the roasting tray. Feel free to slice a bit of the top to eat like I did, Chef's rights surely?
10. Pour most of the fats from the tray into a saucepan and set aside for your gravy later.
11. Pour a kettle full of boiling water into the tray, be careful, if you still have a lot of really hot fats and oils in there this will spit!
12. Re-cover and place back in the oven for an additional hour. This last step is steaming your joint to really loosen up the meat and to give you as tender a final product as possible. Check on it, making sure the baking tray does not dry out during this phase, add more water if needed.
13. Your meat should be ready and able to be pulled apart, easily falling off the bone with just a fork.

