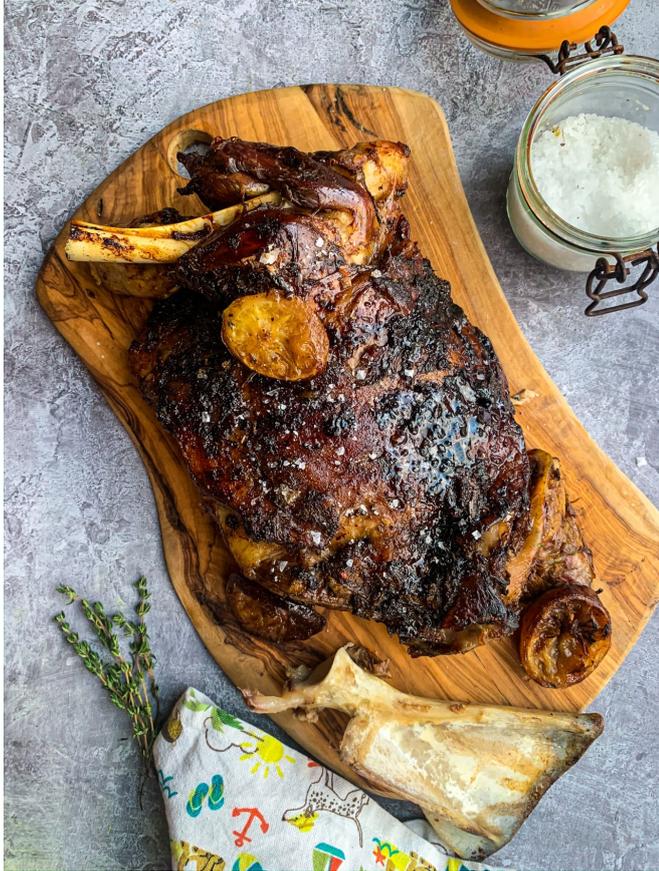


5 Hour Shoulder of Lamb

5 hour lamb that is super tender, will melt in the mouth and is a guaranteed crowd pleaser. Just stick it into the oven low and slow and let it do its thing. And any leftover lamb can be used for making tacos or a lamb pasta.



Serves: 6

Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 5 hours

Ingredients

- 2 kg lamb shoulder.
- 2 tbsps fresh rosemary leaves.
- 2 tbsps fresh thyme leaves.
- 2 garlic cloves.
- 3 lemons.
- Extra-virgin olive oil.
- 1 lamb stock pot.
- 1 bottle of white wine.
- 3 onions, cut in half.

Method

•Place the herbs and garlic into a pestle and mortar and bash to break everything down. Then add the juice and zest of 1 of the lemons, add a good glug of the oil and season with salt and pepper.

- Add the onions to a large roasting tray, cut the remaining lemons in half and add them to the onions. Using a sharp knife carefully make some slits in the lamb and sit on-top of the onions and lemons. Rub the marinade all over the lamb, break the stock pot up and scatter that over the lamb as well. Cover with foil and now you want to marinate it for as long as possible, ideally overnight.
- Preheat your oven to 284°F. When you are ready to cook the lamb, be sure to remove it from the fridge 1 hour prior to it going into the oven. Remove the foil and pour in the whole bottle of wine around the lamb. Re-cover tightly with foil and pop on the bottom shelf of the oven and let it do its thing for 5 hours. Every 40 minutes or so get a spoon and pour over the lamb some of the cooking juices and wine. If the tray looks like its drying out add some water to it.
- Once done the lamb will be so tender that it will just fall apart and you will be able to pull out the bone easily.
- Depending on what time of the year it is, we will have different side dishes with the lamb. For example if it's autumn/winter it will be roast potatoes , Yorkshire puddings , veg and lots of gravy. But if it's spring/summer then it's either with couscous full of herbs, pomegranates, spiced pickled onions and a yogurt sauce or just pull the lamb apart and stuffed it in wraps. One thing is for certain regardless what time of the year it is,roast shoulder of lamb is always a good idea.