

SLOW ROASTED ROSEMARY GARLIC LAMB SHOULDER

SERVES 4

PREP 15 MIN | COOK 3 HRS 30 MINS

Ingredients

- 1.8kg lamb shoulder (bone in)
- 2 tbsp olive oil
- 2 tsp salt
- 1 tsp black pepper
- 1 onion, quartered (no need to peel)
- 1 head garlic, cut in half horizontally
- 3 garlic cloves, cut into slivers
- 8 sprigs rosemary
- 1 cup water

GRAVY

- 2 tbsp flour
- 2 cups beef broth (or 1 cup red wine + 1 cup water)
- Salt and pepper

Method

1. Preheat oven to 240°C
 2. Rub the lamb with the olive oil, salt and pepper.
 3. Use a thin, sharp knife to make 12 incisions in the lamb, deep as you can but without piercing through the bottom of the lamb. Stuff holes with bits of rosemary and garlic slivers.
 4. Place the onion, halved garlic bulb and rosemary in the base of a roasting pan. Place the lamb on top. Pour water around.
 5. Cover with lid or tightly with a double layer of foil. Place in the oven, and turn down to 180°C
 6. **Slow roast, covered:** Roast, covered with the foil, for 3 hours.
 7. **Brown it, uncovered:** Remove foil, check to ensure there's still liquid in the pan. If not, add 3/4 cup water. Turn up the oven to 220°C and roast for a further 20 to 30 minutes, until the skin is browned and crisp.
 8. Remove lamb from the roasting pan and transfer to a plate. Cover loosely with foil then a couple of tea towels and let it rest for at least 20 minutes.
- Serve with gravy and sides of your choosing

GRAVY

1. Tilt the pan and use a spoon to remove all but around 2 tbsp of fat.
2. Place the roasting pan on the stove over medium high heat. Add the flour and stir to mix in with the fat. Cook for 30 seconds.
3. Add the stock gradually and stir to combine. Use a potato masher to mash the onion and garlic, making sure that all the garlic squeezes out of the skin.
4. Allow it to simmer for 1 to 2 minutes until it is just before your desired consistency, then remove from the stove. Season to taste with salt and pepper, strain into bowl then transfer into gravy jug.



Recipe Credit: recipetineats.com

