

SLOW ROASTED ROSEMARY GARLIC LAMB SHOULDER

Ingredients

- 3.5lb / 1.8kg lamb shoulder (bone in)
 - 2 tbsp olive oil
 - 1 tbsp salt
 - 1 tsp black pepper
 - 2 onions, peeled and quartered (brown, yellow or white)
 - 2 carrots, cut into 4 chunks
 - 1 head + 3 cloves of garlic, broken up into separate cloves
 - 8 sprigs rosemary
 - ½ cup water
- Gravy
- 1½ tbsp flour
 - 2 cups chicken stock (or 1 cup red wine + 1 cup water)
 - Salt and pepper

What to do...

Preheat oven to 220C/425F (fan). Rub the lamb with the olive oil, salt and pepper.

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.

Peel and quarter 4 cloves of garlic (vertically) and stuff them into the holes then cut 3 or 4 sprigs of rosemary into 3"/7.5cm pieces (12 in total) and stuff them into the holes.

Place the onions, carrot, remaining garlic cloves and rosemary in the base of a roasting pan. Place the lamb on top of this bed of vegetables.

Cover with lid or tightly with a double layer of foil. Place in the oven, and TURN DOWN to 160C/320F (fan forced).

Roast, covered, for 3 hours. Then remove the lid, add ½ cup of water into the roasting pan, turn up the oven to 220C/425F and roast for a further 20 to 30 minutes, until the skin is browned and crisp. By now, you should be able to part the meat with two forks.

Remove lamb and carrots 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, up to a couple of hours (after this, you may want to reheat).

The Gravy

Tilt the pan and use a spoon to remove all but around 2 tbsp of fat (try to avoid scooping out any juices). Place the roasting pan on the stove over medium high heat. Use a potato masher to mash the onion and garlic, making sure that all the garlic squeezes out of the skin. Remove and discard onion, garlic skins and rosemary from the pan.

Add the flour and stir to mix in with the fat. Cook for 30 seconds.

Add the chicken stock and stir to combine. Use a potato masher to mash garlic more if needed. Allow it to simmer for 1 to 2 minutes until it is just before your desired consistency (it will thicken a bit as it cools), then remove from the stove. Season to taste with salt and pepper.

01452 617173

www.rkcreese.co.uk

R K Creese, 43 Hucclecote Road, Hucclecote, Gloucester, GL3 3TL

Disclaimer: The recipe above is a guide only and we cannot accept responsibility for the outcome of this recipe.