

Slow Roasted Lamb Shoulder

Never rush a good roast!! Roasted Lamb Shoulder cooked low and slow with its succulent fall off the bone strips of meat will have you wondering why you didn't cook lamb this way before!!



Growing up I remember coming home from school to a house filled with the inviting and tantalising aromas of lamb, garlic and oregano.

Boy, did we love that lamb!!



Leg of lamb is the most popular joint for roasting with shoulder not far behind. Truth be known, I think that lamb

shoulder is juicier and if cooked slowly, more tender too. It's also cheaper than leg of lamb and more forgiving if you leave it in the oven just a touch too long.

Cooking the shoulder low and slow is crucial because, like the leg, the shoulder works hard and can be tough if cooked too quickly.



As the meat cooks and renders down, you'll notice that the meat retracts from the bone making it easy to lift out (see photos).

This isn't going to be your 'cut into slices' lamb – it is just too tender for that. Instead, use a couple of forks to pull the meat apart.

That it takes 7 hours to cook shouldn't be seen as a negative. When I'm roasting a lamb shoulder for dinner, it usually goes in the oven before I leave for work and is ready by the time I come home.

If a meal takes 10 minutes to prepare and you don't need to be

there while it cooks, then l'm in!!!

Danielle

Preparation Time: 10 mins

Cooking Time: 7 hrs

Servings: 4 – 6

Ingredients

- 1.8 kg / 4 lbs lamb shoulder (bone in)
 - 3 garlic cloves, grated
 - 2 tsp dried oregano (Note 1)
 - 1 cup chicken stock
 - 1 tsp salt, 1/2 tsp pepper
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Instructions

1. Preheat oven to 140 C / 280 F
 2. Place the lamb shoulder in a baking tray. Pat dry. Rub the salt, pepper, garlic and oregano into the skin.
 3. Cover with baking/parchment paper, tucking in at the sides. Pour in the chicken stock.
 4. Cover well with aluminium foil. I usually use 3 sheets of foil to make sure that it is air tight.
 5. Place in preheated oven. Bake for 6 hrs 45 mins.
 6. Carefully remove the foil and baking/parchment paper (be careful you don't burn yourself).
 7. Turn the oven up to 200 C / 400 F
 8. Place shoulder back in the oven (top rack) for 15 mins to allow the skin to become brown and crispy.
 9. Remove from the lamb shoulder from the oven and place on a serving platter (Note 2).
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Notes

1. Dried oregano is simply what my mother would use to use with when roasting lamb. Alternatively, you could use rosemary.
2. Prior to placing the lamb on a serving platter, you could wrap loosely in foil and allow it to rest for 15 mins. My family isn't that patient!!!