

Roasted Lamb Shoulder

Yield: 10 serves | **Rating:** 5/5 | **Prep:** 20 hr | **Cook:** 5 hr | **Other:** 24 hr | **Source:** thestranger.online

British Lamb may just be the best available and given the choice shall always be the first choice.

Lamb, a young sheep under 12 months of age which does not have any permanent incisor teeth in wear. (From July 1, 2019, the Australian definition is "an ovine animal that: (a) is under 12 months of age; or (b) does not have any permanent incisor teeth in wear. The New Zealand definition also allows "0 incisors in wear".

Ingredients

Lamb:

- 1 whole shoulder (3.3kg, tailor the recipe to your own requirements)
- 2 lemons (diced)
- 500 ml chicken stock
- 5 bay leaves (not immediately)

Marinade:

- 3 garlic cloves (crushed)
- 15 ml thyme (dried)
- 22 ml rosemary (fresh, chopped)
- 44 ml oil (olive)
- 7 ml salt
- 1 lime (juice)

Vegetables:

- 3 peppers (large pieces)
- 2 onions (red, quartered)
- 1 Lemon (quartered)
- 2 halloumi (diced, largely)

Salad:

- 1 cucumber
- 300 g olives (green and black)

Dressing:

- 44 ml mint sauce
- 350 g yoghurt (Greek)



Instructions

1. Pat the lamb dry of any moisture before you begin. With a sharp knife score the fat and the meat in a cross hatch pattern, on top and underneath the lamb where most of the meat resides, rarely do you go into the meat but it works best here if you do.
2. Combine the marinade into a bowl, mix it well then rub all over the cuts and around the meat and bones until fully coated. Place in a roasting dish and cover with cling film for at least 4 hours but ideally overnight if you have the space in your fridge.
3. When you remove the lamb from the fridge, dice 2 lemons and place around the base of the dish and add 500ml chicken stock. Cover the lamb with parchment paper then double wrap with a strong silver foil. We are aiming to keep the moisture fully intact by covering and cooking it low and slow.
4. Place in the centre of a preheated oven at 160C for 2 hours 30 minutes. After that time remove the oven and baste the lamb with all the juices from the pan then add the bay leaves. Tent the dish once again with the same parchment paper and foil and return to the oven, this time at a reduced 140C for 90 minutes.
5. After 4hrs in total remove the lamb and place the aside whilst you add the vegetables to the dish then place the lamb on top and return to the oven for 25 minutes, do not cover, at 140C followed by another 35 minutes at 190C, again, without a cover.
6. Remove the lamb from the dish and leave to rest tented with silver foil. Place the vegetables into a large bowl and stir. Syphon the meat juices from any fat and use the juices as the base for the gravy with the fat being recycled for roasting the potatoes, place the potatoes in a bowl and cover with the oil.
7. Turn the oven up to 210C and simply remove each potato with a spoon and roast in the lamb oil for up to 90 minutes. Add the salad to the vegetables and serve together once the potatoes are done.