

Incredible Slow Roasted Shoulder of Lamb



You need

1 shoulder of lamb
1 whole garlic bulb, split into cloves but not peeled.
Several sprigs of rosemary
Olive oil

For the sauce

1/2 pint chicken or veggie stock
1 tablespoon flour
1 tablespoon capers
1 tablespoon red wine vinegar
Large bunch of finely chopped mint

Instructions

- Turn the oven up to full blast.
- In a deep roasting dish place half the garlic and rosemary on the base.
- Slash the lamb with a sharp knife and rub in a good measure of olive oil.
- Place the joint in the roasting dish and place the remainder of the garlic and rosemary on top.
- Seal the roasting tin with a double layer of foil.
- Place in the oven and immediately reduce the heat to 170 degrees gas mark 3.
- Leave for four to four and a half hours. (When it comes out the meat just falls of the bone.)
- When finished put on a warm plate and cover to rest.
- Get rid of the woody bits of the rosemary. Squeeze the garlic out of the cloves to taste.
- Drain off any excess fat.
- Place the roasting tin on the hob. Add the flour, stock and chopped capers, scraping all the tasty bits, stir well and allow to gently simmering for 10 minutes. Just before serving add in the mint and wine vinegar.

Enjoy!!!

Acknowledgements – Jamie Oliver – “Jamie at home”