

7 Hour Slow-Roast Shoulder of Lamb

Serves 8

Preparation Time: 24 hrs

Cooking Time: 6-7 hrs

It really is true – good things happen to those who wait.

Ingredients

- ❖ 1 shoulder of lamb, weighing about 2.5kg
- ❖ 150ml (5 fl oz) olive oil
- ❖ 1 bunch fresh thyme
- ❖ 2 garlic bulbs, plus extra sliced cloves for marinating
- ❖ sea salt and black pepper
- ❖ 8 medium onions, peeled
- ❖ 250ml (1 cup) balsamic vinegar

Directions

1. If you like, you can marinate the lamb for a day in the olive oil with 6-8 sprigs thyme and some extra thinly sliced garlic. Turn it occasionally. Before you cook the lamb, leave it out of the fridge for a good hour or two, so that the meat is at room temperature.
2. Preheat the oven to 180°C (fan 160°C/350°F/gas 4).
3. If you have marinated the lamb, remove the thyme and garlic, then season with 2g salt and 4-6 turns of freshly milled black pepper. If not, rub the olive oil into the meat, and then season with the salt and pepper. Place the meat in a large casserole with whole peeled onion, the latter can be drizzled with olive oil and seasoned as well. Place a little olive oil in the bottom of the pan, then place the casserole into the preheated oven for 15-20 minutes until the lamb and onions have coloured.
4. Remove the casserole from the oven, then add about 8 sprigs thyme along with the garlic cloves. Reduce the oven temperature to 110°C (fan 90°C/230°F/gas ¼), and return the meat to the oven. Cook for 5 hours with the lid on.
5. Add the balsamic vinegar, remove the lid and continue to cook for a further 1 hour.
6. Place the casserole on to a low heat to reduce any excess liquid. Baste the lamb with this during the reducing, along with the onions, Just be careful they don't stick or burn. See Serving Suggestion.

Serving Suggestion

Serve the soft meat cut in pieces with the onions, some of the jus, a few cloves of garlic, and some mashed potato.

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