

6th November 2020



SLOW ROAST SHOULDER OF LAMB

PREPARATION TIME:

less than 30 mins

COOKING TIME:

Over 2 Hours

SERVES:

6

This is all about slow cooking the lamb – if yours needs a little longer then leave it in the oven. The results will be so tender, it will be worth the extra time.

METHOD

Preheat the oven to 220C/200C Fan/Gas 7.

Sit the lamb, skin-side up, on a board. Using a sharp knife, insert irregular holes through the skin. Insert the garlic into the holes.

Place the lamb in a roasting tin and roast for about 20 minutes until brown. Carefully turn the lamb over and roast for a further 20–30 minutes until brown all over.

Boil the onion in water for 10 minutes, then add the potatoes and boil for 4 minutes. Drain well.

Remove the lamb from the tin. Add the onions and potatoes to the tin and mix together. Add the stock to the tin, then put the lamb on top and cover tightly with foil.

Reduce the temperature of the oven to 160C/140C Fan/Gas 3 and cook for 3½–4 hours, or until the lamb is completely tender. Remove the lamb from the tin and place on a board. Strain off the fat from the tin into a small bowl in order to use in the gravy. Increase the oven to 220C/200C Fan/Gas 7 and put the potatoes and onions back into the oven to brown for 25 minutes.

To make the gravy, spoon the lamb fat into a saucepan. Add the flour and stir over the heat for 30 seconds. Whisk in the stock, wine, redcurrant jelly, Worcestershire sauce and browning. Whisk until thickened and bubbling.

Carve the lamb and serve with gravy and potatoes and onion. Serve with green vegetables.

INGREDIENTS

2.25kg/5lb whole shoulder of lamb, skin on
4 garlic cloves, sliced
2 large onions, cut into quarters
750g/1lb 10oz waxy potatoes, such as Desiree, peeled and cut into thick 2cm/¾in slices
570ml/1pint hot lamb or beef stock
green vegetables, to serve

For the gravy

3 tbsp lamb fat (see method)
50g/1¾oz plain flour
450ml/16fl oz hot lamb or beef stock
100ml/3½fl oz red wine
1–2 tsp redcurrant jelly
few drops Worcestershire sauce
gravy browning (optional)