

# SLOW ROASTED SHOULDER OF LAMB

## INGREDIENTS

1 large bunch of **fresh rosemary**  
1 bulb of **garlic**  
2 kg **shoulder of lamb**  
**olive oil**  
1 tbsp **plain flour**  
500ml **chicken or vegetable stock**  
2 heaped tbsps **baby capers**, finely chopped  
1 bunch **fresh mint**, finely chopped  
2 tbsps **red wine vinegar**

## DIRECTIONS

1. Preheat oven to 250°C.
2. Lay half the rosemary into the bottom of a high-sided roasting tray. Break up the garlic bulb, then scatter in half of the unpeeled cloves.
3. With a sharp knife, score the fat side of the lamb all over, then rub with oil, sea salt and black pepper. Place into the tray, then scatter the remaining rosemary and garlic on top.
4. Tightly cover the tray with tin foil and place in the oven. Turn the temperature down to 170°C and cook for around 4 hours or until you are able to pull the meat apart easily with a fork.
5. Once cooked, remove the lamb from the oven and transfer it to a plate/dish. Cover with tin foil, then a tea towel, leave to rest.
6. Pour away most of the fat from the roasting tray and discard any rosemary stalks. Put the tray over a medium heat bringing to a simmer, mix in the flour with a wooden spoon.
7. Pour in the stock while scraping the bottom of the tray, stir or whisk until smooth. Pour through a fine strainer into a small pot and add the finely chopped capers, turn the heat down and simmer for a 3-4 minutes, season with salt and cracked black pepper.
8. Just prior to serving, add chopped mint and red wine vinegar to the sauce, then pour into a jug.
9. Place everything in the middle of the table, enjoy!

*Have a question about this recipe?  
Email our chef directly!  
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**GO**