



COOKING PASSION SINCE 1877

SUCCULENT ROAST SHOULDER OF LAMB.

Serves 6-8

INGREDIENTS

1.5kg shoulder of lamb
3 tbsp olive oil
1 tsp salt
1 tsp coarsely ground black pepper
2 sprigs of rosemary, chopped
1 red onion, peeled and cut into 4 wedges
10 small carrots, peeled with trimmed tops
4 medium red-skinned potatoes, chopped into large chunks (no need to peel)
2 medium sweet potatoes, chopped into large chunks (no need to peel)
10-12 sprouts
Sprig of fresh mint

METHOD

1. Preheat the oven to 180c (160c CircoTherm®). Place the lamb in a large baking tin and score the fatty bits of the lamb lightly with a sharp knife.
2. Rub on one tablespoon of the olive oil, then sprinkle on half of the salt, pepper and rosemary. Cover the tin with foil, and place in the oven for 3 hours.
3. After 3 hours, remove the foil, baste the lamb and arrange the vegetables in the tin around the lamb. Drizzle the remaining oil onto the vegetables and move them around in the pan, so they are coated in oil and meat juices, then sprinkle on the remaining salt, pepper and rosemary.
4. Place back in the oven to cook, uncovered for a further 45-50 minutes, turning the vegetables once during this time, until the vegetables are golden.
5. Remove from the oven and allow to rest for 10 minutes, then decorate with a sprig of fresh mint before serving.

TIP

If you can't fit all the vegetables in the tin, or if you want to serve extra vegetables, add them into a separate baking tin and toss with a drizzle of olive oil and a good pinch of salt and pepper. Cook with the lamb for the last 50 minutes of cooking time, turning once.