



## Slow-Cooked Lamb Shoulder

Ask your butcher to bone, roll and truss the shoulder so there's no waste and it's easy to slice. It's a great dish for large family gatherings.

**Serves 10-12**



### INGREDIENTS

- 12 sprigs thyme (about 3 teaspoons)
- 3 sprigs rosemary (about 1½ tablespoons)
- 2-3 lemons, zest grated (about 3 teaspoons)
- ¼ cup extra virgin olive oil (60ml)
- 6 cloves garlic, crushed
- 3 teaspoons salt flakes, crushed
- 1½ teaspoons freshly ground black pepper
- 1 x 2.3kg rolled and trussed boned lamb shoulder (5lb)
- 1 large oven bag
- Janni's Orzo with Green Onion, for serving (optional)
- A few herb leaves, for garnish (optional)

### METHOD

1. Chop thyme, rosemary and lemon zest finely together.
2. Combine with oil, garlic, salt, pepper, and a generous squeeze of lemon juice.
3. Lay a large piece of baking paper on a clean, dry work surface.
4. Rub lamb all over with the thyme mixture and place in the middle of the paper.
5. Place another sheet of baking paper on top and wrap up the lamb sealing very well so none of the cooking juices can escape.
6. Place another piece of baking paper on the bench, put the parcel upside down onto it and roll it up to enclose it completely.
7. Place into a baking bag, twist the top but don't seal it. Place in a baking dish with the end of the bag tucked against the side of the dish to keep it in place.
8. Refrigerate overnight (or for at least 1 hour).
9. Remove from the fridge an hour or so before cooking to allow it to come to room temperature. Preheat oven to 150°C (300°F).
10. Place lamb in the oven for 6 hours turning several times.
11. Set slow-cooked lamb shoulder aside to rest in the bag for 30 minutes.
12. Arrange Orzo with Green Onion on a platter if using it.
13. Remove lamb from the bag and wrapping over the platter so the juices fall onto it.
14. Slice or tear lamb up and arrange on the platter with any remaining juices drizzled over the top. Scatter with a few herb leaves if you like.