

Fordhall Farm's Lamb Shoulder Slow Roasting Guide



Serves: 6 with some leftovers!

Ingredients:

2kg Fordhall Farm Lamb Shoulder - this would typically serve 6 and give you some for leftovers

Salt and pepper
2 Sprigs of fresh rosemary
1 Garlic bulb cut in half
1 Red onion quartered
Olive oil

Stock or red wine (optional)

Cooking Instructions:

- 1 Preheat the oven to 160C (140C fan assisted)
- 2 Rub the lamb with olive oil, and sprinkle generously with salt and pepper. Place in a roasting tin and add your sprigs of fresh rosemary, garlic bulb and red onion.
- 3 If you want to keep your lamb extra moist and add more flavour you can add some stock or red wine to the bottom of your roasting tin.
- 4 Cover with tin foil and roast for 4-5 hours until the meat pulls away easily with a fork.
- 5 If you wish to crisp the outside, turn your oven up to 200C (180C fan assisted) and cook without the tin foil for a further 20 minutes.

