

SLOW COOKED SHOULDER OF LAMB

1 Shoulder per 3 persons
1 Onion diced
10 Sprigs of Thyme
¼cup White Wine
1 litre Chicken Stock
½cup Tomato Juice
Salt
Ground Pepper

This is a great dish when having friends over as you can pre-cook and hold.
And just great with Cable Bay Pinot Noir.

Buy shoulder of lamb on the bone. Three portions approx per shoulder.

Brown shoulder of lamb in 3 tablespoons of olive oil, browning both sides.
This can be in a pan or under the grill in the oven.
Season to taste – salt/ground pepper.
Add diced onion, 10 sprigs of Thyme – this is the real flavour.
Deglaze with ¼ cup White Wine.
Add 1 litre Chicken Stock and ½ cup Tomato Juice.

Cover and cook at 120° for 4 hours.

You will probably need to use a roasting pan to fit.

Remove legs when ready, reduce liquid and check seasoning.
The meat should pull from the bone.

Serve with – Roast Vegetables or Summer Greens
– Bean & Oven Dried Tomato Salad
– Roasted Artichokes
– Pour the liquid over the meat