

Roasted Lamb Shoulder

Category: Lamb

Servings: 6

Rating: 10

Source: Jamie Oliver

Description:

This is one of those heavenly aromatic dishes where the lamb is falling off the bone. Jamie O. recommends serving it with a mixture of potatoes, carrots and rutabaga which have been cooked together and then coarsely mashed with butter so this is what we do. A few green beans round out this dish.

Ingredients:

fresh rosemary	1 large bunch
Lamb shoulder	1 x 2 Kg. (4 plus pounds)
olive oil	
garlic	1 bulb ,unpeeled, broken into cloves
flour	1 Tbsp.
chicken stock	500 ml. (less)
capers	2 heaped Tbsp. drained and chopped
fresh mint	large bunch., leaves picked
red wine vinegar	2 Tbsp. (less)

Instructions:

Preheat oven as high as it will go (550). Slash fat side of lamb all over with a sharp knife. Lay half the rosemary and half the garlic cloves on the bottom of a high-sided roasting pan, rub lamb all over with olive oil and season with sea salt and fresh-ground pepper. Place it in the roasting pan on top of the rosemary and garlic, and put the rest of the rosemary and garlic on top of the lamb. Tightly cover the pan with tinfoil (and a lid if you wish) and place on the oven.

TURN oven down immediately to 325 and cook for 4 hours -it's done if you can pull the meat apart easily with two forks. Remove lamb from pan and keep it covered to stay warm.

Pour away most of the fat from the pan, discarding any bits of rosemary stalk. Put the pan on the burner and mix in the flour. Add the stock, stirring and scraping all the sticky goodness off the bottom of the tray. You only need a few tablespoons each of the sauce as it's very rich. Add the capers to the gravy, turn the heat down and simmer for a few minutes.

Finely chop the mint and add it to the sauce with the wine vinegar at the last minute then pour into a jug. Serve alongside the shredded lamb.