

## SLOW-BRAISED LAMB SHOULDER

Make slits all over the lamb at 5 cm intervals with a paring knife. Pick the leaves of half the rosemary and thyme sprigs and combine in a mortar with 4 garlic cloves, salt, black pepper and zest. Pound with a pestle to a coarse paste (or mince and mash on a wooden board with a large knife) and stir in oil. Rub the paste all over lamb. Leave in a covered bowl to marinate at room temperature for at least 2 hours.

Preheat the oven to 160°C. Heat up a pan and sear the fat side of the lamb until golden brown. Place carrot, onion and halved garlic bulbs in a high-sided roasting pan and lay the lamb, fat side up, on top of the vegetables. Pour wine and stock around the lamb and scatter the remaining herb sprigs on top. Cover the pan tightly with tinfoil and braise the lamb for about 3 hours or until tender.

Increase the oven temperature to 200°C, remove the tinfoil and roast the lamb for a further 30 to 45 minutes or until very tender and browned on top. Carefully transfer to a platter and loosely cover with tinfoil. Let it rest for 10 minutes before serving.

Serves 8-10

3 kg bone-in lamb shoulder  
4 rosemary sprigs  
10 thyme sprigs  
4 garlic cloves  
30 ml salt  
freshly ground black pepper  
zest of 1 lemon  
60 ml olive oil  
3 carrots, cut into 1,5 cm chunks  
3 onions, cut into 8 wedges each  
2 large garlic bulbs, cut in half  
500 ml dry white wine  
500 ml chicken stock



