

Incredible roasted shoulder of Lamb

Ingredients

- 1 big bunch of fresh rosemary
- 1 bulb of garlic
- 2 kg shoulder of lamb or hogget
- olive oil
- sea salt
- freshly ground black pepper
- 500 g seasonal greens, such as white cabbage, Savoy cabbage, Brussels tops, cavolo nero.



Method

1. Preheat the oven to full whack.
2. Lay half the rosemary into the bottom of a high-sided roasting tray. Break up the garlic bulb, then scatter in half of the unpeeled cloves.
3. Slash the fat side of the lamb all over with a sharp knife, then rub with oil, sea salt and black pepper. Place into the tray, then scatter the remaining rosemary and garlic on top.
4. Tightly cover the tray with tin foil and place in the oven. Immediately turn the temperature down to 170°C/150°C/325°F/gas 3 and cook for around 4 hours – it's done if you can pull the meat apart easily with two forks.
5. Once cooked to perfection, remove the lamb from the oven and place it on a chopping board. Cover with tin foil, then a tea towel, and leave to rest.
6. Pour away most of the fat from the roasting tray, discarding any bits of rosemary stalk. Put the tray on the hob over a medium heat and mix in the flour.
7. Pour in the stock, stirring and scraping all the sticky goodness from the bottom of the tray. You won't need gallons of gravy, just a couple of flavoursome spoonfuls each. Drain, finely chop and add the capers, then turn the heat down and simmer for a few minutes.
8. Pick and finely chop the mint and add it to the sauce with the red wine vinegar at the last minute, then pour into a jug.

Notes

SERVES 6

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
649	40.8g	18.5g	12.4g	1.4g	36.9g	35.6g	9.2g
32%	58%	93%	14%	23%	74%	14%	-