

12 Hour Slow Braised Lamb Shoulder

This recipe adds a whole new meaning to slow food, but at the same time creates a restaurant worthy dish out of a secondary cut.

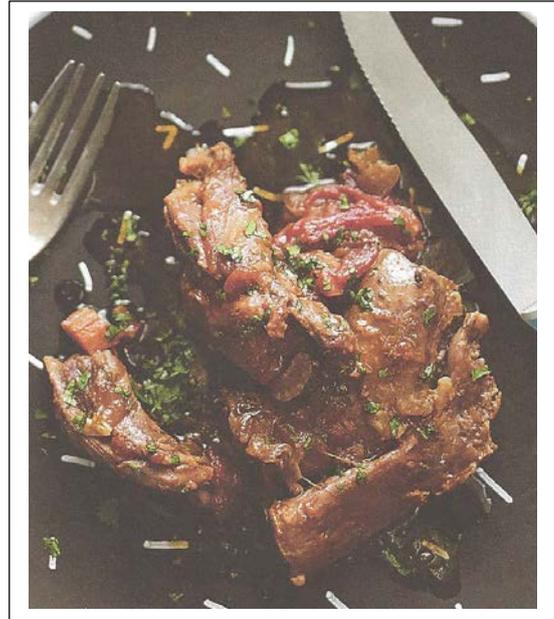
Serves: 7

Preparation time: 30 minutes

Cooking time: 12 to 15 hours

Ingredients

- 1 lamb shoulder
- 2 red onions, roughly chopped
- 2 carrots, peeled and chopped
- 4 sticks of celery, chopped
- 6 Rosemary stems, leaves removed and chopped
- 1/2 bunch fresh sage, chopped
- 1 garlic bulb cut in half
- 1 large red chilli, chopped
- 1 tin of whole tomatoes, peeled
- 300 mL red wine
- 2 L beef stock
- 100 g Parmesan cheese, grated



Method

1. In a heavy-based pan, season and brown the lamb shoulder and remove from pan.
2. Add the vegetables and the garlic halves, sauté until they start to colour.
3. Add the herbs and chilli and cook for two more minutes.
4. Deglaze the pan with the wine and add the tomatoes, leaving three aside.
5. Place all the ingredients into a deep tray. Place the lamb shoulder on top of the vegetables and add the stock. It should come about halfway up the shoulder.
6. Put the remaining tomatoes on top of the lamb and sprinkle over the Parmesan cheese.
7. Cover with non-stick baking paper and then seal with foil.
8. Place in the oven and cook at 75°C for at least 12 hours (up to 15 hours) or until the meat starts to fall off the bone.
9. Once cooked remove the lamb from the tray. Strain off the sauce and pour back over the lamb.

Tip

To serve, cover lamb with foil and heat until shoulder has heated through. Remove the foil and heat for approximately 10 minutes more, continually basting with the sauce until the shoulder becomes nice and dark in colour.