

Slow honey roast shoulder of Welsh Lamb



Slow cooking transforms this economical cut of meat into a delicious, meltingly tender, crowd pleasing dish. Minimal effort and full of flavour!

Serves 4-6 | **Prep** 15 minutes | **Cook** 2 hours 30 minutes

Ingredients

2kg shoulder of PGI Welsh Lamb*, bone in and trimmed
4 shallots
1 garlic bulb, divided into cloves
Bunch of fresh thyme
Bunch of rosemary
250ml lamb or chicken stock
1 tsp Anglesey Sea Salt / Halen Môn (PDO)^Δ
Cracked black pepper
1 tbsp clear honey

Method

- 01 Preheat the oven to 200°C / 180°C fan / Gas 6.
- 02 Place the unpeeled shallots and garlic in the centre of a large roasting tin. Add a few sprigs of thyme and rosemary and pour in the stock.
- 03 Place the lamb skin side up on the garlic, shallot and herb mixture.
- 04 Sprinkle with sea salt and cracked black pepper and tuck any remaining herbs around the lamb.
- 05 Roast uncovered for 20 minutes. Reduce the oven temperature to 180°C / 160°C fan / Gas 4. Cover with tin foil and roast for a further 2 hours or until the lamb is tender and pulls away easily from the bone.
- 06 Remove the tin foil, drizzle over the honey and roast uncovered for 10 minutes.
- 07 Remove from the oven and allow to rest for 10 minutes before serving.
- 08 Using a knife and fork, pull large pieces of meat away from the bone and arrange on a large serving plate.



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