

# Fox's Slow Cooked Lamb Shoulder..



## Ingredients;

**1x Lamb Shoulder — bone in**

**And then all the usual suspects, stock, red wine, herbs, onion, garlic, lemon, carrots, celery—whatever you like, get creative.**

## Method;

**Pre heat oven @ 160 degrees**

**Chuck all the vegs, herbs etc into a deep baking dish.**

**Place the lamb skin side down on top of the herbs & veggies, pour the red wine (double bubble) & stock over the lamb, season with salt & pepper.**

**Then tightly cover the baking tray with foil & slow cook in the oven for approx. 3 hours.**

**Remove the foil, and turn the lamb over so it is skin side up. Coat with pan juices ...**

**Cook for another 20 – 30 mins. Until lovely and golden!**

**Rest the meat before serving & if you fancy use the remaining pan juices to make a gravy.**

**Serve with traditional roast veg. or mash & mint peas ... and don't forget the red wine ....**

**Nicks Old Faithful would suit as would his James Haselgrove Futures or even the Blackbilly Shiraz!**

*As a winemaker Nick recommends to use cooking wine, but I am not a winemaker so I say only cook with the wine you would drink — one for the chef one for the pot.*

**From Our Family to Yours .....ENJOY!!**

**Please remember to drink responsibly**