



RECIPE CARD
MEAT ON | THE FOOD DESIGN STUDIO

JAMES ST, BURLEIGH | GRICE AVENUE, PARADISE POINT
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MOJS - Slow Roasted Lamb Shoulder with Lemon Potatoes

Serves: 4 people

Lamb Shoulder Ingredients:

1.8-2kg lamb shoulder (we left the bone in for ultimate juiciness and flavour)

Drizzle of olive oil

Sea salt and cracked black pepper

1 head of garlic, broken into cloves, peeled and each clove halved

3 sprigs of rosemary, broken into smaller sprigs

1 cup water

Lemon Potato Ingredients:

500-750g baby potatoes

2 tablespoons olive oil

2 large lemons, sliced into wedges

(optional) left over rosemary

Sea salt and cracked black pepper

To Serve:

Gravy of your choice

Vegetables of your choice

Extra sea salt and cracked black pepper



Method:

Preheat an oven to 200 degrees fan bake.

Place the shoulder onto a chopping board, fat side up.

Drizzle a couple of tablespoons of olive oil over the fat of the lamb and using your hands to massage it in.

Sprinkle generously with salt and pepper and use your hands to massage this in.

Use a small sharp knife to cut 1 inch long slits into the fat of the lamb. Do as many as you would

like and cut as deep as you are able to.

Fill each slit with a clove of garlic and a rosemary sprig. You can choose to push the garlic and

rosemary as deep as you would like and even double it if you prefer.

Place the lamb shoulder into a deep baking tray.

Pour the water into the base of the tray and cover in tin foil.

Reduce the oven temperature down from 200 degrees fan bake to 180 degrees fan bake.

Bake the lamb for 2 hours covered with foil.

Prepare your potatoes whilst the lamb is cooking for the 2 hours. To prepare the potatoes, place

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into a large bowl with the oil and toss to combine. Sprinkle with salt and pepper and squeeze

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lemon wedges over the potatoes. Toss to combine and set aside.

At 2 hours, add your potatoes to the baking dish and continue to cook with the foil covered lamb

for another 1 hour.

Remove the foil and cook the lamb and potatoes for another 20-30 minutes or until the lamb is

juicy and tender or cooked to your liking. Remove from the oven and transfer the lamb to a large plate. Cover it with foil lightly and allow it

to rest for 20 minutes before slicing.

To serve, slice the lamb, you will need to slice the lamb through the top section and once sliced,

the inside pieces of meat will just fall away from the bone.

Enjoy the lamb immediately with the lemon potatoes, gravy and vegetables of your choice.

Visual cues that the lamb shoulder is cooked are:

- *Rare lamb will have a red or pink center. It is not recommended that rare lamb shoulder is consumed as it is a different cut of meat.*
- *Medium lamb - the meat will be consistently pink in colour.*
- *Well done lamb - the meat will be consistently brown in colour.*
- *Clear juices indicate well-done meat.*
- *Properly cooked lamb should be firm to the touch, but not tough. If it appears "mushy" it is undercooked.*

Slow Roast Time Guide:

- *1-2kg lamb shoulder: 2.5-3 hours at 180 degrees fan bake.*
- *Over 2kg: 3-5 hours at 180 degrees fan bake.*