

LAMB SHOULDER ROAST



FOR BEST RESULTS, ROAST THIS CUT

CORE TEMPERATURES	°C	°F
RARE	54	130
MEDIUM RARE	58	135
MEDIUM	61	140
MEDIUM WELL DONE	65	150
WELL DONE	72	160

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

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METHOD

- Remember to remove your joint out of the packaging, pat dry and bring to room temperature.
- Pre heat your oven to 200°C temperature fan assisted or 215°C without a fan (gas mark 7).
- Season the joint just prior to roasting.
- Choose a large, heavy based roasting tray, ideally with deep sides and handles for easy movement.
- Massage a little goose or duck fat or a light olive oil if the joint does not have a generous coating of fat then season with good quality fine sea salt.
- Make a trivet by roughly chopping equal amounts of onion, carrot, celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of thyme and a few black peppercorns, another nice addition can be a head of garlic split in half.
- Place the joint skin side up onto the trivet which should line the base of the tray.
- Place in centre of oven and roast for 20 minutes then reduce the temperature to 190°C (gas mark 6) then continue roasting for 35 minutes per 500g reaching a core temperature of minimum 60°C.
- Alternatively add half a bottle of white wine and the same of water to the tray and pot roast after the initial 20 minute roast by covering with tin foil and cooking at 140°C (gas mark 3) for 5 to 6 hours nice and slow, ensure the meat comes away from the bone easily if using this method.
- Remove from oven and pop onto a clean tray and keep warm by covering with a sheet of tin foil then resting for a minimum of 20 minutes before carving, leaving the roasted vegetables in the tray for the gravy.
- For the gravy make up 500ml of Essential Cuisine lamb stock, then deglaze roasting tray with this stock stirring all the caramelized juices from the tray, then pass through a fine sieve pushing all the juices from the vegetables into a clean sauce pan, bring to the simmer and thicken if required by whisking in a teaspoon of corn flour mixed with a little cold water and reduce till you reach a rich glossy gravy.

SERVING SUGGESTION

Serve with traditional buttery mash, cabbage hearts and redcurrant sauce.

