



Lamb is a bit of a treat for us. This managers offer made our lump of shoulder just about affordable at a little short of £4. The same sized piece is over £13 today! So Lamb calls for something a bit special, by way of a recipe?..

Ingredients:-

500g of Lamb Shoulder
100ml of Pomegranate Molasses
100ml of Water
2 Onions, thickly sliced
3 Cloves of Garlic, finely sliced
Salt & Pepper to season

Method:-

- (1) Cut slits in the Lamb and insert some of the sliced Garlic.
- (2) Pour over 50ml of the Pomegranate Molasses and allow to marinade in the fridge for 2 hours.
- (3) Place the Onions and remaining Garlic in an oven proof dish and pre-heat the oven to 150c.
- (4) Sit the Lamb on top.
- (5) Season with Salt & Pepper and pour over the remaining Pomegranate Molasses, rubbing it into the Lamb.
- (6) Add the Water and cover.
- (7) Cook for 2 ½ hours.
- (8) Remove the Lamb and set aside.
- (9) Skim the fat from the surface and add the juices to a large pan.
- (10) Allow to simmer and then return the Lamb.

- (11) Add more Pomegranate Molasses to taste.
- (12) Simmer until the sauce thickens.
- (13) Remove and shred the Lamb, removing the bones.
- (14) Return the meat to the sauce and stir well.

We served ours with Mint & Pomegranate Rice, a Pomegranate and Mayonnaise dressing, over Sour Dough Crostini.