



A Shoulder of Lamb for a little over £5? Oh man yes!

Ingredients:-

Shoulder of Lamb

½ Tbsp of dried Oregano

2 Bay Leaves, ground

½ a Bulb of Garlic, divided

2 Large Potatoes, cut into wedges

1 Onion, cut into wedges

2 Tomatoes, chopped

1 Cinnamon stick

Juice of a Lemon

250ml of White Wine

A drizzle of Olive Oil

Salt & Pepper to season

Method:-

(1) Place the Lamb in a dish and drizzle the Oil over.

(2) Season with Salt & Pepper.

(3) Sprinkle over the Oregano and Bay Leaves.

(4) Peel 2 Garlic cloves and slice into small pieces.

(5) Make slits in the Lamb and insert the Garlic.

(6) Rub the Oil and Herbs into the Lamb, cover and place in the fridge overnight.

- (7) Remove the Lamb 30 minutes before cook and preheat the oven to 160c.
- (8) Line a large roasting tin with cooking Parchment.
- (9) Roughly crush the remaining unpeeled Garlic and add to the roasting tin with the Potatoes, Onions, Tomatoes and Cinnamon.
- (10) Place the Lamb over the top and pour over its? marinade.
- (11) Squeeze over the Lemon Juice and pour the Wine in the bottom of the roasting tin.
- (12) Wet another piece of cooking Parchment under the tap.
- (13) Lay over the top and crimp all the edges.
- (14) Cook at 160c for 4 to 4 ½ hours until the Lamb is tender.
- (15) Service with roasted vegetables and drizzle the juice from the tin over.

Lamb is a rare treat for us. This was outstanding!