



LOMONDO

SLOW COOKED LAMB SHOULDER

2kg lamb shoulder with bone-in
½ cup Lomondo Extra Virgin Olive Oil
1 butternut pumpkin, cut in half, seeds removed
sea salt and pepper
5 onions, peeled and halved
handful of rosemary
2 bay leaves
1 litre stock (lamb or chicken)
Lomondo Caramelised Balsamic, for serving

Preheat oven to 150°C.

Place lamb in a large roasting dish, skin side up, and rub generously with Lomondo Extra Virgin Olive Oil all over. Place the pumpkin next to the lamb, and also rub with Lomondo Extra Virgin Olive Oil. Season well then remaining ingredients (you could also add potatoes or other root vegetables at this stage).

Cover with a sheet of baking paper and then seal the roasting dish up with foil. Bake for 4 hours, if you are restricted with time, increase the oven temperature to 160°C and bake for 3 hours. Very carefully remove the foil and baking paper, ensure there is sufficient stock in the pan, add any last-minute vegetables as desired (such as cauliflower florets or brussels sprouts), return to the oven and increase temperature to 220°C and bake for ½ hour.

Drizzle with Lomondo Aged Caramelised Balsamic and serve.

Prep Time: 15 minutes
Cook Time: 4 ½ hours
Oven Temp: 150°C
Serves: 6-8