

Slow Cooker Recipes



Slow Cooked Lamb Shoulder in Red Wine

Simple and hearty - perfect for a chilly evening's supper

Ingredients

- **1kg whole Lamb Shoulder (from The Artisan Butcher's Slow Cooker Pack)**
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, peeled and grated
- 250ml light red wine (such as Pinot Noir)
- 500ml chicken, lamb or vegetable stock
- 2 tbsp tomato purée
- 2 tbsp plain flour
- 2 carrots, chopped
- 2 bay leaves
- 2 springs of fresh thyme or 1tsp dry thyme
- Salt and pepper seasoning (add at end of cooking to taste)
- Chopped parsley to serve

Method

- Turn on the slow cooker to HIGH to start to warm up
- In a frying pan heat the olive oil and brown the lamb shoulder all over, add to slow cooker
- In the frying pan add more oil and fry the onion and garlic until soft, add the tomato puree, and flour, stirring for minute or so, add the red wine and heat before adding to slow cooker
- In the frying pan add the stock and heat until boiling - add to slow cooker
- Add the carrots, bay leaves and thyme to the slow cooker
- Put lid on slow cooker, turn down to LOW and cook for around 8 hours
- Remove meat & carrots from slow cooker and cover in foil in a serving dish to keep warm
- Pour sauce into pan and boil until thickened, adjust the seasoning by adding salt/pepper

Serving suggestions

- Serve with mashed potatoes, fettuccine pasta or a baked potato
- Veg of your choice
- If you've any left then freeze in portions before thawing and reheating for a quick supper

Thanks to BBC Good Food for inspiring this recipe