



Serves: 6 people  
Preparation: 20 minutes  
Cooking time: 3.5 hours  
Level: Even I can do this

## SLOW-ROASTED LAMB SHOULDER WITH ROSEMARY, GARLIC AND BEANS

*The lamb falls off the bone and the beans soak up all the delicious juices.*



### Ingredients

- Margra or Moorlands lamb 'oyster' shoulder on the bone app 1.7 kg
- 500 ml Feather and Bone chook broth
- 1 cup cooking wine
- 400 gm tin of cannellini beans or similar, rinsed (or soaked and cooked if you're using dried beans)
- 1 red capsium, thinly sliced
- 1 large brown onion, quartered, skin on
- 1 whole head of garlic, halved, and some extra slivers to stick into the outside of the lamb
- Fresh rosemary sprigs
- Marri Hanna Extra Virgin Olive Oil
- Salt and pepper

### Method

- Heat the oven to 160 degrees, fan forced.
- Rub salt, pepper and olive oil all over the lamb shoulder. Make small nicks in the lamb and carefully insert slivers of fresh garlic and small sprigs of rosemary.
- Place the quartered onion, halved garlic head, sliced capsicum, chicken broth and wine into a heavy, cast iron pot, put the lamb on top, cover with the lid and pop into the oven for three hours.
- After three hours, take the pot out of the oven and add the beans to the pot, gently lifting the lamb up so it sits on top of the beans.
- Turn the oven up to 220 degrees and put the pot back into the oven for another 30 minutes - without the lid.
- After 30 minutes at 220 degrees, the lamb should fall off the bone and the beans should be plump with juice but still retain their shape.
- Serve with a big, crunchy salad of mixed leaves, chunky chopped celery and tomato, small black olives and chunks Burraduc Buffalo feta cheese. You may need some fresh, crusty sourdough to mop up the juices.