

## SLOW COOKED GARLIC & ROSEMARY LAMB WITH ROASTED NEW POTATOES

Lamb has to be one of my favourite meats to cook and eat. It is always a crowd pleaser in our house. I particularly love this simple recipe because it has a hint of the Mediterranean with the addition of garlic and lemony Greek yoghurt which stops it from feeling too heavy & rich.

My food is typically all about creating the opportunity to spend quality time with family and this is the perfect dish to take centre stage while you let them dig in.

It's a slow cooked conventional oven recipe with minimal prep and maximum flavour, simple enough for anyone to give it a go!

Serves 4

### Ingredients:

Half or small shoulder of lamb  
3 large sprigs of Rosemary  
1 whole garlic bulb  
1 litre chicken or lamb stock  
Salt & black pepper  
1 Lemon  
500ml Greek yoghurt  
Extra virgin olive oil  
Approx. 1kg small – medium new potatoes (Jersey Royals)

You will need a deep oven proof pan/ pot with a lid, foil & a roasting tray  
Set the oven to 140°C

### Method

- Firstly, peel and cut a few cloves of garlic into length way slices – around 3 - 4 each clove so you end up with about 9 - 10 slivers
- Take the rosemary sprigs and cut into the same number of pieces.
- Put the lamb shoulder in your deep ovenproof pot/pan, skin side up
- Punch several holes in the skin around 1.5cm deep with a small sharp knife. Push in a sliver of garlic and small sprig of rosemary in

each hole. This will help the flavour penetrate the meat during cooking

- Add in the chicken stock to bring the liquid up to about  $\frac{1}{2}$  -  $\frac{3}{4}$  of the way up the meat – add a few extra cloves of garlic smashed and any leftover rosemary, sprinkle with a bit of salt and pepper
- Cover the pot tightly in foil and place the lid so no steam can escape and put this in the oven at 140 degrees for 4 hours

**You are now free to do something else for a few hours  
while the lamb looks after itself.  
Clean, iron or put your feet up with a glass of wine!!**

After 3 hours boil the potatoes in a pan of salted water for around 10 minutes, drain and leave to dry

- After 4 hours - when you lift the meat out of the liquid it will be so tender and almost falling off the bone, be careful to keep it in one piece. Take out any garlic/rosemary bits
- Put the meat on a warmed tray/plate to rest and loosely cover with foil
- Heat the oven to 210° c – toss your potatoes in a good glug of olive oil in the roasting tin and press them a little to squash the potato which will give them more surface area and little tears which will crisp up. Sprinkle with salt and pepper and cook for 30 minutes, turn them if needed.
- Move the potatoes to the bottom shelf of the oven and put the lamb on a heat proof tray on the top shelf. The high temperature will crisp up the outside and will go deep in colour, this is where the serious flavour is. It should take 8-12 minutes and you will then be ready to serve.
- I pop everything on one big warm platter.
- Mix the Greek yoghurt with  $\frac{1}{2}$  lemon juice in a separate dish and drizzle with a little of the olive oil. You can squeeze the rest of the lemon over the potatoes for extra zing.
- To make this into more of a feast, you can accompany this with Greek salad, flat breads & hummus.