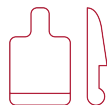




Spicy Slow Roasted Lamb Shoulder



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 8 HOURS



SERVES: 6 - 8

Ingredients

2 kg boned lamb shoulder
3 tbsp canola oil
2 tbsp brown sugar
1 tbsp salt
1 tbsp cumin
1 tbsp coriander
1 tbsp paprika
1 tbsp crushed fresh garlic
1 tbsp crushed fresh ginger
2 tsp cracked black pepper
1 tsp ground cinnamon
1 tsp onion powder
1 tsp chilli powder (optional)
½ tsp ground star anise
½ tsp ground cardamom

Any leftover lamb can be shredded for a delicious sandwich filling. Make sure you keep some of the spicy crust to stir through the lamb.

Notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.

Method

To begin making your spicy slow roasted lamb shoulder, remove lamb from refrigerator 1 hour before cooking.

Preheat the oven on [Low Temperature Cooking](#) at 100°C. Line the [universal tray](#) with foil and top with the wire rack.

In a medium mixing bowl, combine the oil, brown sugar and all of the spices to form a paste. Rub the spice paste thoroughly all over the lamb. Place the lamb on the wire rack and place both trays onto shelf level 2 of the oven. The universal tray will be between the shelf rails and the wire rack will sit on top. Cook the lamb for 8 hours or until tender and meat pulls apart.

This spicy slow roasted lamb shoulder is meltingly tender. It may take the day to cook, but will be gobbled up very quickly!