



Slow roasted lamb shoulder with red grapes

Gaggenau Appliance:
Preparation Time: 15 minutes
Cooking Time: 3½ hours
Serves: 6

Ingredients

1 shoulder of lamb, bone in, about 2kg
salt and pepper to season
2 tbsp olive oil
1 cup dry white wine
2 tsp fennel seeds
2 tsp dried chilli flakes
1 head garlic, cut in half
1 cup loosely packed fresh sage leaves
6 rosemary stalks
3 bay leaves
6 good quality Ortiz anchovy fillets
½ cup red wine vinegar
Small bunch red grapes

Method

Lamb shoulder is a beautiful cut of meat to slow roast. Cooking on the bone adds more flavour. Using the combi-steam oven stops the meat from drying out. Buy the best meat you can and turn this roast into something special. The addition of lots of herbs and spices allows complex flavours to develop over the long cooking time.

Preparation:

1. Preheat oven to **Hot air 140°C + 60% humidity**.
2. Ask your butcher to cut the lamb through the bone, on the underside, at intervals. Trim off most of the surface fat, then season well with salt and pepper. Heat a large frypan, add oil and brown the lamb on all sides for 10 minutes, until well browned.
3. Place browned meat in the **Gastronorm roaster** or large cast iron pot and add the remaining ingredients, reserving the grapes to add later.
4. Cook in the oven on shelf position 1 for 3 hours, basting with the pan juices every 30 minutes or so.
5. Add the grapes and cook for a further 30 minutes. 6. The lamb should be meltingly tender by now. If not, cook further until tender.