



INGREDIENTS

- 3.5 lb / 1.8kg Lamb shoulder (bone in)
- Butter • 2 vasR olive oil
- 2 tsp salt , cumin, sweet paprika
- Vegetables for the gravy: carrots, red and green peppers, onion
- Vegetables for the garrison: 2 onions, 2 zucchinis, 2 red peppers, 2 green pappers and Cherry Tomatoes. 16 Canarian potatotes
- Salt and pepper
- White wing

ROAST LAMB SHOULDER

PREPARATION

1. Preheat oven to 220C/425F (fan forced/convection) / 240C/465F (standard).
2. Rub the lamb with the butter.
3. In a bowl mix the olive oil with cumin, sweet paprika and salt. Marinade the lamb pieces with the mixture and let stand 10 minutes.
4. Chop the vegetables; carrots, peppers and onions and place them in the base of the roasting pan. Place the Lamb and put in the oven for 10 minutes until the skin is browned and crisp, turn the lamb and put it in the oven for another 10 minutes in the same way.
5. Remove it from the oven and pour the white wine. Place in the oven, and TURN DOWN to 160C/320F (fan forced / convection) or 180C/350F (standard).
6. Roast, for 2 hours.
7. Remove lamb from the roasting pan and transfer to a plate.

Gravy

1. Place the roasting pan on the stove over medium high heat. Add the oxtail cumin and stir to mix in with the fat. Cook for 30 seconds.
2. Allow it to simmer for 1 to 2 minutes until it is just before your desired consistency at will thicken a bit as it cools), then remove from the stove. Season to taste with salt and pepper, then transfer into gravy jug.

Serve with mixed vegetables on the grill cut into strips; zucchini, red pepper, green pepper, onion and cherry tomatoes, with canary potatoes.