



Herbed Organic Shoulder of Lamb

Slow-cook your The Organic Butchery shoulder of lamb in herbs and honey for a deliciously fragrant Sunday roast

Serves: 7

Prepare: 30 Minutes

Cook: 2 Hours

Difficulty: Medium

Ingredients

- [organic shoulder of lamb \(on the bone\)](#)
- handful of dried chamomile
- ½ bunch of fresh thyme leaves
- 4 sprigs of fresh rosemary leaves
- 12 fresh chopped sage leaves
- 1tbsp of dried oregano
- salt and pepper, to season
- 1 lemon (juiced)
- 1tbsp of clear honey
- 2tbsp olive oil
- 125ml of water or [lamb broth](#)

Method

1. Preheat the oven to 200°C/400°F/Gas 6
2. Using your knife make shallow scores on the fat of the shoulder making sure you do not cut the meat. Cross-hatching is the best technique to use
3. Mix the dried chamomile, thyme, rosemary, sage, oregano together in a bowl before seasoning with salt and black pepper
4. Massage half the mixed herbs into the shoulder of lamb pushing the mixture into the scores you previously made
5. Sprinkle the rest of the herb mix into your casserole dish, place the joint of meat into the dish and squeeze the lemon juice over the joint
6. Lightly drizzle the olive oil and honey over the joint giving even coverage. Pour the water into the cooking dish (not over the joint), place the lid on the dish and put in the oven for 2½ hours. Check the joint after the first hour if the water has evaporated add more water and return to the oven
7. Once the joint has cooked for the recommended time take it out of the oven and let it rest for 10 minutes. After it has rested the meat should be falling off the bone and beautifully succulent