

# LAMB SHOULDER ROAST

Serves 8 to 12, depending on size of roast.

By Dennis W. Viau; modified from Internet recipes.

Lamb shoulder is not a common piece of meat. You might need to order it special from your local butcher. When cooked correctly, it is very tender, easily carved or pulled apart with your fingers. It can have a bold flavor, depending on the age of the animal, or taste mild.

## **Ingredients:**

4 to 5 pounds (1.8 to 2.3kg) lamb shoulder, tied in a roast

Ground rosemary

Salt and pepper

## **Directions:**

If the lamb shoulder is not already tied into a roast, roll and tie it for even cooking and to hold in moisture.

Heat the oven to 400° (200°C). Season the outside of the roast with rosemary, salt and pepper. Place in a roasting pan and cook, uncovered, for 1 hour.

Remove from the oven and cover well with foil or, if available, the lid to the roasting pan. Reduce the oven temperature to 275°F (135°C) and return the roast to the oven to cook for an additional 4 to 5 hours.

Remove from the oven, leave covered, and let rest 15 minutes. Carve and serve with your favorite vegetables.

