Slow Roasted Moroccan Honey Lamb Shoulder

EASY • 4 HOURS 20 MINS

The ultimate crowd-pleaser they'll adore you for the taste combination of rich slow roasted lamb, toasty Moroccan spices and pure honey that adds a sweet zing to this year-round comforting main course.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	4 hours plus cooling time	4-6

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1.25kg – 1.5kg lamb shoulder, bone in
- 70ml extra virgin olive oil
- ¼ bunch continental parsley leaves
- Zest and juice of 1 lemon
- 2 cloves garlic
- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- 1 ½ tsp ground paprika
- 1 tbsp Capilano Pure Honey
- Sea salt and pepper, to taste
- 2 large brown onions, cut in thick slices
- ¾ cup vegetable stock

To serve
- 50g Capilano Pure Honey + extra to squeeze
- Juice 1 lemon

Method

1. Bring lamb shoulder to room temperature, then preheat oven to 180°C (fan forced).

2. In a food processor, combine olive oil, parsley, lemon zest, garlic, cumin, coriander, paprika, honey salt and pepper and blend until a paste forms.

3. Using a knife, score lamb shoulder all over then rub marinade all over. In the base of a large roasting dish place the rounds of onion and place lamb on top. Add stock to base of roasting dish and roast the lamb for 20 minutes uncovered.

4. Remove lamb from oven, cover with aluminium foil then reduce heat to 160°C and roast for a further 3 hours. After 3 hours combine honey and lemon juice in a small bowl and stir until well combined.

5. Remove foil and pour the honey glaze all over the meat. Roast for a further 30 minutes or until the lamb is fork tender or 90°C. Serve with an extra drizzle of honey for a gorgeous glisten.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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