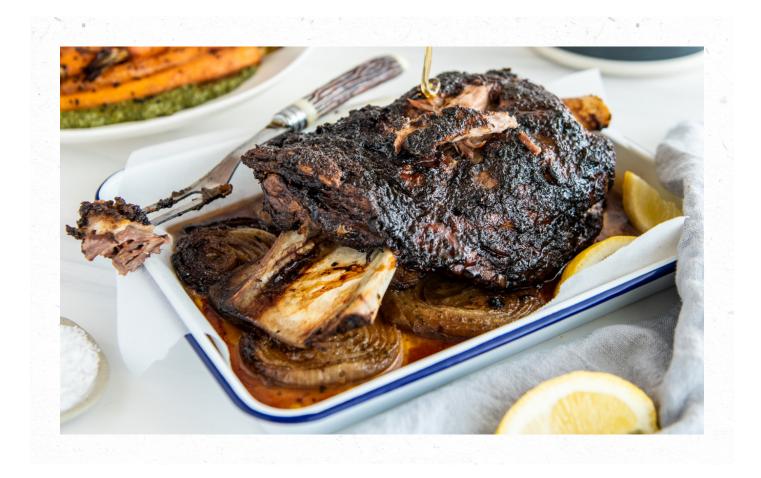


# Slow Roasted Moroccan Honey Lamb Shoulder

**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 organic honey that adds a sweet zing to this year-round comforting main course.



**SKILL LEVEL**Easy

PREP TIME 20 mins **COOKING TIME** 4 hours plus cooling time

SERVINGS

### Ingredients

• 1.25kg - 1.5kg lamb shoulder, bone in

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- 70ml extra virgin olive oil
- 1/4 bunch continental parsley leaves
- Zest and juice of 1 lemon
- 2 cloves garlic
- 1½ tsp ground cumin
- 1½ tsp ground cilantro
- 1½ tsp ground paprika
- 1 tbsp Capilano Organic Raw Honey
- Sea salt and pepper, to taste
- 2 large brown onions, cut in thick slices
- ¾ cup vegetable stock

#### To serve

- 50g Capilano Organic Raw 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, cilantro, 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



#### **ORGANIC RAW HONEY**

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

### **Discover a Premium Taste**

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

### **Australian Certified Organic**

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory

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recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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