



# 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  
4-6

## Ingredients

Visit [capilano.com.au](https://www.capilano.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 cilantro
- 1 ½ 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 recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Visit [capilano-honey.com.au](http://capilano-honey.com.au) to learn how to swap honey for sugar in your recipes.

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