

Gill's Gourmet Gallery

Shoulder of lamb, green cabbage & potatoes

Ingredients:

1.5k shoulder of lamb
2 tablespoons vegetable oil
Crunch sea salt
3 sprigs fresh rosemary
2 garlic cloves chopped
6 boiling potatoes, chopped
1 green cabbage
1 knob butter
Gravy browning
1 tablespoon cornflour

Method:

Sear the lamb in oil and a crunch of salt.
Place in a casserole dish with lid and fill with 2 inches water.
Add rosemary, garlic and potatoes.
Slow cook for 6 hours 100c fan.
De-core the green cabbage, chop and cook in water with a shake of salt for 20 minutes, drain and mash with butter and seasoning.
Lift the meat out of the juices and carve.
Thicken the juices using 1 tablespoon cornflour in 2 tablespoons cold water.
Add 1 tablespoon gravy browning. Simmer. Serve immediately with mint sauce.

Note: Slow cooking the lamb makes it so tender it falls off the bone.

