

FALL OFF THE BONE SPICED LAMB SHOULDER



*This week **Live Love Nourish** is sharing with us not one, but two gorgeous savoury dishes perfect for the holidays. This one - a fall off the bone Spiced Lamb Shoulder (mouths watering already I'm sure) is a great one for a family get together over the holidays.*

And so for all our carnivores out there, here's a treat for you from the Affordable Wholefoods Family. Enjoy.

Ingredients:

1.5-2kg lamb shoulder (bone in)

1 whole garlic bulb

1 tablespoon (20ml) olive oil

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground paprika

1/2 teaspoon ground turmeric

1/2 teaspoon ground cardamom

1/2 teaspoon ground fenugreek

Pink salt and black pepper

Method:

Pre-heat fan-forced oven to 200°C. (I most often use my Webber BBQ for this).
In a small mixing bowl combine spices, salt and pepper. Set aside.
Place half of the peeled garlic cloves onto a large sheet of cooking foil.
Place lamb on top of garlic and a sharp knife to score the fat side.
Rub the lamb all over with olive oil and spice mix.
Place the remaining garlic cloves on top and wrap the lamb tightly in foil so you don't lose any juices.
Transfer to a high sided roasting tray with wrack and place in oven.
Turn the oven heat down to 150°C and cook for 3.5-4 hours or until the meat pulls apart easily with a fork.
Once cooked, remove lamb from oven, cover with a tea towel and allow to rest.

Make It Personal:

You can use any blend of spices or even pre-mixed spice blends.

Recipe Tips & Tid Bits:

Wrapping your lamb shoulder in foil helps to lock in moisture to make your lamb tender and moist.

Gluten Free | Dairy Free | Nut Free | Sugar Free

To See more from Casey-Lee visit her website [here](#)