

# Slow-cooked Asian-inspired lamb shoulder

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This delicious dish makes a perfect hearty dinner. Serve it on a bed of stir-fried Asian greens and some steamed brown rice for a dish the whole family will love.

### Ingredients (Serves 6 to 8)

- 2 to 2.5 kg piece [lamb shoulder](#), bone in
- Olive oil
- Sea salt
- 1 [red onion](#), peeled and sliced
- 1 head garlic, skin left on and cut in half
- 1 lemon
- 3 cm piece ginger, washed
- 75 ml light soy sauce
- 75 ml sweet soy sauce
- 2 tbsp oyster sauce (optional)
- 350 ml chicken stock

### To serve

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- 4 spring onions, finely julienned
- Coriander leaves
- 1 lime, zested and juiced

### Method

Preheat the oven to 160°C.

Take the lamb out of the fridge at least 30 minutes before starting this recipe.

Rub a good amount of olive oil and sea salt into the lamb. Heat a large frying pan over medium-high heat and fry the lamb shoulder on all sides.

While browning the lamb, place your onion on the base of a baking dish.

Transfer sealed lamb to the baking dish and add the garlic. Cut the lemon in half and squeeze just a little juice over the lamb and then place the lemon halves in the dish. Grate the ginger over the lamb using a microplane or fine grater and then add all remaining ingredients. Cover with a lid or, alternatively, a layer of baking paper followed by a layer of foil. Cook for four to five hours.

Remove the lamb from the oven to rest. When ready to plate, transfer to a serving dish. Spoon over

some cooking liquid and garnish with spring onions, coriander and the zest and juice of one lime.

Recipe & image by [Relish Mama](#).

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