

Slow-cooked Asian-inspired lamb shoulder

Search:

- [Dinner](#)
- [Lamb](#)
- [Recipes](#)

Slow-cooked Asian-inspired lamb shoulder

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) `!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");`



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Slow-cooked Asian-inspired lamb shoulder



Rate this recipe

17 people are cooking this [Count me in](#)

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

Slow-cooked Asian-inspired lamb shoulder

- 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](#).

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```