



CHLOË BOWLER
complete wellbeing

SLOW ROAST LAMB



Ingredients:

- 1 Shoulder of Lamb
- 3 garlic cloves
- 1 chopped onion
- 6 carrots
- 6 leeks
- 3 stalks of celery
- 1 litre vegetable stock
- ½ bottle of red wine
- 2 tbsp redcurrant jelly
- Rosemary

Instructions:

1. Turn the oven on to 200°C, and in a casserole dish, place a bed of rosemary, all of the chopped vegetables, resting the lamb on top.
2. Cut little holes into the lamb and squeeze in the chopped garlic. Smother with redcurrant jelly and some more rosemary.
3. Pour in the stock and red wine.
4. Pop the lid on the casserole dish and put into the oven at 160°C for approximately 3-4 hours.
5. The lamb should come out really tender and fall off the bone.
6. Delicious on its own, or served with rice or quinoa.

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