



***Slow Roast Lamb Shoulder With Caper And Rosemary Sauce***      **serves 6**

*You need to start this recipe at least 5 hours ahead. It cooks very slowly, but basically looks after itself. The cooked meat will be very tender.*

- Ingredients**
- 1.5-2kg (3-4lb) shoulder of lamb*
  - pepper and salt*
  - 2 tbs olive oil*
  - 2 onions*
  - 1 bulb garlic*
  - fresh rosemary and thyme*
  - 300ml(½pt) white wine*
  
  - sauce 4 sprigs rosemary*
  - 1 tbs capers*
  - 100ml (4 fl oz) white wine*
  - 300ml (½pt) lamb stock*
  - 200ml (7 fl oz) whipping cream*
  - 2 ripe tomatoes, skinned and seeded and chopped finely*

**Method**

*Season the meat well and smear with olive oil. Place in a roasting tin that can go on top of the cooker . if not use a frying pan. Roughly chop the onions, halve the garlic and add to the pan. Brown the meat evenly on top of the cooker, adding extra oil if necessary.*

*Remove meat from pan and add white wine. Over a high heat deglaze the pans scraping with a wooden spatula. Return the meat to the pan and cover tightly with foil. Place the dish into a slow oven, 70°C (200°F, gas 1/8) for 5 hours. In an Aga put the dish in the SIMMERING OVEN. You need to check the meat from time to time basting the meat with the pan juices.*

*To make the sauce, strain the meat juices in to a saucepan. Add the wine and boil to reduce by half before adding the stock and further reducing by half .Add the cream and rosemary and reduced to a sauce consistency. Remove the rosemary and stir in the capers. Check the seasoning.*

*To serve Carve the meat thickly onto warm plates and spoon a little sauce on top. Accompany with new potatoes and a green vegetable.*