

# Slow Roasted Shoulder of Vicars Game Lamb with Local Berkshire Honey, Rosemary and Thyme

BY STEVEN CHANDLER

This is a simple, yet brilliant way to enjoy one of the slightly overlooked cuts of lamb. It does take some considerable cooking time, but the low temperature ensures that when done, you can carve the meat from the bones with the back of a teaspoon, if you want to!



The first step is to get hold of a whole shoulder of lamb. This is enough to feed six to eight people, and you'll be surprised at just how much flesh you get on a shoulder of lamb. At Vicars we always use the same size lambs in our farm shop, so there is no need to worry about getting the size exactly right as nearly all our shoulders of lamb will be about the same size.

Ask your butcher to score the lamb, making light slits across the flesh on both sides, especially the fat on the outside. This is to allow the honey and brown sugar to find it's way into the meat a little better, and also to help give the outside a slightly crispy feel.

Next, put your oven on to a very high heat, around 250 degrees is about right.

Take a good quarter of a jar of our local Berkshire honey (available in the farm shop) and smear it over both sides of the lamb, rubbing it into all the slits and grooves your butcher has cut earlier, and then, once

done, sprinkle a good handful of brown sugar over the lamb and again, rub that into the meat. Sprinkle and rub in some finely chopped thyme and poke two or three sprigs of rosemary into the slits on the lamb.

Place your shoulder of lamb in an ovenproof dish, with just a splash of olive in the bottom to stop it from sticking to the bottom of the tray and place it in the middle shelf of the oven for fifteen minutes. Remember, the oven should be pre-warmed to 250 degrees as we need a good high heat to help singe the sugar and honey and give the dish a lovely honey roasted look.

After fifteen minutes, turn the oven right down to 130 degrees and leave the lamb for a further five hours.

You can accompany this dish with seasonal vegetables or potatoes, all of which are available in the shop. Asparagus is a rather delightful side for this dish, when in season.

Carrots and brocolli also go well, as you would expect.

Jersey Royal's or Cornish new potatoes, boiled and served with real butter and a dash of mint, make this complete! Enjoy!



## **FOR VICARS GAME SLOW ROAST LAMB YOU WILL NEED:**

- ONE WHOLE LOCAL SHOULDER OF LAMB
- ONE JAR OF BERKSHIRE HONEY
- 150G OF BROWN SUGAR
- A DASH OF OLIVE OIL
- A HANDFUL OF THYME AND THREE OR FOUR SPRIGS OF ROSEMARY.