

# Slow Cooked Roast Lamb Shoulder

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-slow-cooked-lamb-shoulder-recipe>

## Ingredients:

- 4 pounds lamb shoulder cleaned
- 4 tablespoons wholegrain mustard or Colemans
- 10 green chillies Depending on your taste
- 1 tablespoon dried oregano
- 1 tablespoon ginger crushed
- 2 tablespoons olive oil
- 1 tablespoon salt I use 1/2 tbsp Maldon Sea Salt flakes
- 1 tablespoon black pepper
- 10 sprigs rosemary
- 4 sprigs lemon thyme Optional
- 2 heads garlic with bottom sliced off, plus 4 cloves sliced finely
- honey Squeeze of, Optional