

A chef
recipe from...



FOUR SEASONS HOTEL
Hampshire

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Char-grilled and slow-cooked Bone-in shoulder of Lamb

1. You need to marinate your lamb overnight to let the spices penetrate the meat.
2. Using a sharp knife make small incisions all over the lamb and poke in rosemary, thyme springs and quartered garlic cloves into each one and rub the lamb with oil, harissa paste and sea salt.
3. Preheat your BBQ grill to medium heat; because the lamb is quite fatty it can cause the coals to flare.
4. Place on the grill the inner side of the lamb (no fat) to minimise the risk of flaring.
5. Char grill for 4-5 minutes or until you have a nice brown colour on your meat.
6. Remove from the grill and wrap tightly in parchment paper then in tin foil.
7. Place the lamb back on corner of the grill and allow to cook for another 3 hours, until the lamb is melting and sticky.
8. Gently break open the foil and parchment paper, pull out the bones and shred the meat, pouring over the juice.

Ingredients

- 1 whole Lamb shoulder (approx 2 kg)
- 1 whole bulb of garlic broken into cloves
- Handful of thyme and rosemary springs
- 3 tbsp of harissa paste
- Olive oil
- Sea salt
- Parchment paper & tin foil

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