



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This recipe is contributed by Tom Wolf who reminds us that he is not a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but he has tempted fate at times and proved victorious. This is one of his favourite recipes.

RED WINE AND CARMELISED ONION SLOW ROASTED LAMB SHOULDER - Serves 4

Ingredients:

- 1 1/2 cups (375 ml) red wine
- 2 x 400g cans cherry tomatoes
- 1/2 cup (140g) caramelised onion relish
- 1 head garlic halved (1 tsp minced garlic)
- 3 sprigs rosemary (or 1 tsp rosemary leaves)
- 1.5kg lamb shoulder, bone in, trimmed
- 2 tblsp extra virgin olive oil for drizzling
- Sea salt and cracked black pepper

Method:

1. preheat oven to 220C (200C fan forced)
2. place wine, tomatoes, caramelised onions, garlic and rosemary in a deep-sided large roasting pan and mix to combine
3. place lamb on top of mixture, drizzle with oil, sprinkle salt and pepper and rub in
4. cover tightly with aluminium foil and cook for 2 1/2 hours
5. remove foil and spoon the sauce over the lamb and cook for a further 10-15 minutes without foil or until golden brown.
6. let it rest for a few minutes
7. carve and serve



Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.