



ROASTED LAMB SHOULDER

INGREDIENTS

- 4 medium yellow onions, chopped in medium chunks
- 4 cloves of garlic, roughly chopped
- 5 rosemary sprigs
- 3 tbsp of Kitchen76 olive oil, and extra for drizzling
- Freshly cracked pepper and salt
- 1 cup of dry white wine- Sauvignon Blanc, Chardonnay or vegetable broth
- 1 can of butter beans

DIRECTIONS

- Preheat oven to 320 degrees.
- In a small food processor, add $\frac{3}{4}$ of the onions, the garlic, 3 of the rosemary leaves (remove from stem), 3 tbsp of olive oil and $\frac{1}{2}$ tbsp of salt. Grind together until it forms a thick paste. Be careful not to over blend making it into a liquid.
- In a baking tray, place the rest of the onions in the bottom of the pan and season lightly with salt, cracked pepper and olive oil.
- Take the lamb shoulder and spread the mixture on both sides of the lamb shoulder then place onto the onions and do one last light seasoning on the top of the lamb of salt, cracked pepper and a light drizzle of olive oil.
 - *Please see note below.*
- Add the 2 remaining rosemary leaves around the lamb and add your liquid of choice (white wine or vegetable broth). Cover with parchment paper and then tightly with aluminum foil.
- Placing on middle rack, bake for 2.5 hours.
- After 2.5 hours, add the beans around the meat. If beans are unsalted, season lightly before adding to pan. Cover and bake for an additional 45 minutes and then remove the foil and bake for another 20 minutes. As everyone's oven is different, if there is too much liquid in the pan when you add the butter beans, do not cover the pan again with the foil. Allow the meat to continue cooking for the additional time uncovered.

**At this time, the lamb can be set aside covered overnight to marinate or until ready to cook in a few hours if prepared in the morning for dinner. Take out 45 min before placing in oven to remove the chill from the fridge*

WINE PAIRING

Cabernet Franc is a must. The slightly gamey flavour of the lamb, as well as the intensity of flavour (because of the slow roasting) in this dish make it a perfect match for the savoury dark fruit, herb and spice notes in the Cabernet Franc.

TWO SISTERS