



Roast Whole Shoulder of Lamb with Lemon Thyme

A traditional, but delicious whole shoulder of lamb roast with lemon thyme herb roasted on a bed of leeks and parsnips

Prep Time

10 Mins

Cook Time

3 Hours 45 Minutes

Serves

8 People

To Cook Medium: Medium: 25 minutes per 450g/1lb plus 25 minutes

To Cook Well Done: Well done: 30 minutes per 450g/1lb plus 30 minutes

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Ingredients

- 1.8kg/4lb lean whole shoulder of lamb joint
 - Salt and freshly milled black pepper
 - 30ml/2tbsp rapeseed or olive oil

- Large bunch fresh lemon thyme
- 450g/1lb small leeks, cut into chunks
- 450g/1lb medium parsnips, peeled and cut in half lengthways
 - For the gravy
- :600ml/1pint good, hot lamb stock
 - 15ml/1tbsp plain flour
 - 150ml/¼pint white wine

Method

Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F.

Place the joint on a chopping board, make several slits over the joint, season well and rub with the oil.

Stuff the lemon thyme and stuff into the slits of the joint. Place on a rack in a non-stick roasting tin and open roast in a preheated oven for the calculated cooking time, basting occasionally with any lamb juices.

During the last 40 minutes of cooking add the leeks and parsnips to the base of the tin with a little stock and position the joint on top.

Remove the lamb and vegetables from the tin, wrap loosely with foil and keep warm.

To make the gravy: spoon off any excess fat from the tin and discard. Place the tin over a medium heat and sprinkle over the flour. Stir well with a small whisk or spoon, add a little stock and stir again, scraping the base of the pan to release any sediment.

Add the remaining stock, adjust the seasoning, bring to the boil, reduce the heat and simmer, stirring frequently for 8-10 minutes or until thickened to a well-flavoured gravy. Strain before serving, if required.

Serve with mashed or roast potatoes.

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