

Low and Slow BBQ Recipes

PREP TIME 20 MIN | COOK TIME 4 HOURS | SERVES 10

SLOW ROASTED LAMB SHOULDER

Method

1. Combine Baharat, sumac, lemon juice, rosemary, pepper, salt and oil in a bowl.
2. Rub over lamb shoulder, set aside for 15 minutes.
3. Pre heat barbeque 130°C - 135°C.
4. Place lamb shoulder in the barbeque. Place a probe in the thickest part of meat. Cook lamb to an internal temperature of 65°C. Using the spritz, spray every 30-60 minutes to ensure meat remains moist.
5. Remove lamb shoulder and wrap in foil (Texas crutch hold). Place back in barbeque to finish cooking to internal temperature of 95°C. Remove, open foil for 5 minutes to allow steam to escape, and re-wrap in foil and tea towels, place into an esky and rest for 30 minutes
6. Unwrap the lamb, serve with celery, fennel and apple salad and lemon wedges.

INGREDIENT LIST

Lamb

- 2 x 1.5kg Lamb shoulder, bone in

Rub

- 70g Baharat (Lebanese 7 spice)
- 10g sumac
- 30mls lemon juice
- 30g chopped fresh rosemary
- 75g Cracked black pepper
- 35g kosher Salt
- 20mls olive oil

Spritz

- 1/3 pomegranate molasses
- 1/3 Apple cider vinegar
- 1/3 water

Serving Suggestions

- Celery, Fennel and Apple Salad
- Lemon wedges

