

## Slow Cooked Lamb

Serves: 4-5

### Ingredients

2 #	Lamb shoulder chops
2 T	Olive oil
1/2	Onion
2 cloves	Garlic, minced
3/4 C	Dry red wine
2	Carrots
1 C	Chicken broth
to taste	Salt and pepper

- 1** Preheat the oven to 325 degrees.
- 2** Heat oil in a large Dutch oven over high heat. Add lamb shoulder, and cook, turning occasionally, until lamb is browned all over, 8 to 10 minutes. Remove lamb; set aside.
- 3** Stir in garlic, celery, carrot, onion. Season with salt and pepper. Cook for 1-2 minutes.
- 4** Return lamb to Dutch oven.
- 5** Add wine. Bring to a boil, cover, and transfer to the oven.
- 6** Cook until fork-tender, 2 1/2 to 3 hours
- 7** Refrigerate overnight in the cooking liquid. Doing this will improve both the flavor and texture of the meat and will also allow the layer of chilled fat on the surface of the liquid to be removed and discarded.
- 8** Strain the cooking liquid and puree the vegetables in a food processor or a blender. Return the cooking liquid to the casserole and stir in the pureed vegetables. Bring to a boil and cook for about five minutes until the sauce has thickened slightly. Season to taste with salt and pepper.
- 9** Slice the meat and arrange on a platter. Spoon some of the hot sauce over the slices and pass the rest alongside.