



# lamb shoulder shawarma

slow roast/bbq



for best results, slow roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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*cooking time from: 5 hours*

## slow roast

Remove your joint from the packaging & bring to room temperature.

Preheat your oven to 140°C for fan-assisted or 160°C for ovens without a fan (gas 3).

Place the lamb in a deep roasting dish in the centre of the oven and roast for 20 minutes until nicely browned.

Add a glass of water or light chicken stock, cover & cook for 4 hours, the meat is ready when it is tender, it should pull away easily when pierced with a skewer.

Increase the temperature to 180°C for fan-assisted or 200°C for ovens without a fan (gas 6) & roast uncovered for a final hour until there's a nice crust & the meat is super tender.

Remove from the oven, rest for a hour loosely covered before shredding.

## bbq

Set up a BBQ kettle for indirect cooking set to 140°C, with a drip pan half filled with water placed below the indirect heat zone.

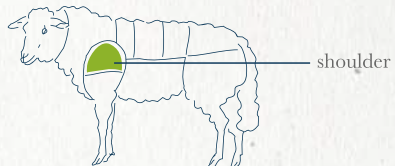
Place the lamb onto the indirect zone, close the lid & cook for 5 hours keeping the heat at a constant temperature, when the core temperature reaches 92°C it's perfect for pulling.

Placing the lamb directly onto the hot coals to blacken adds extra depth of flavour to the finished joint.

Wrap in foil & rest for 30 minutes before shredding.

## serving suggestions

Serve with flatbreads, pickled red cabbage salad & a garlic & yoghurt sauce.



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