



# Eat The View

## Recipes and Tips

### 10 hour “pulled” lamb

This is brilliant way to serve and showcase our fabulous Shropshire lamb.

#### **Serves 10 people**

1 shoulder of lamb, boned and rolled

Spice mix- 2tsp of sumac, 2tsp cumin, 1tsp salt and 1tsp black pepper

#### **Method**

1. Rub the lamb with the spice mix
2. Place in an oven at 150c uncovered for 30 minutes
3. Remove from the oven, cover with foil and reduce the temperature to 110c. Bake for a further 9 hours.
4. Remove from the oven and leave to rest for 30 minutes. The meat will then shred with a fork.



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