



This UK BBQ week, eat lamb!!



Anna's pulled lamb with
pomegranate glaze

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This aromatic and flavourful dish can be done with any joint of lamb, but I prefer to use the shoulder. It makes a wonderful addition to any BBQ and works well served in a pitta with salad.

Ingredients:

- Shoulder of lamb
- 1l pomegranate juice
- 2 onions thickly sliced
- 4 cloves of garlic crushed
- 2tbsp ground cumin
- 1tbsp ground cinnamon
- Handful of fresh oregano chopped (or 1tbsp dried)
- Zest, flesh and juice of 2 lemons
- 2tbsp honey

Method:

Combine garlic, cinnamon, cumin, oregano and lemon, rub over the meat and leave in the fridge overnight or at least 4 hours.

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Heat the oven to 160°C/140°C fan/gas 3.

Scatter the onions in a roasting tin, add the lamb and pour over the pomegranate juice. Cover with foil and cook for 4hrs.

Remove the lamb and pour the cooking liquid into a pan. Return the onions and lamb into the roasting tin and rest.

Turn up the oven to 220°C/200°C fan/gas 7.

Add the honey to the cooking liquid and bring to the boil. Continue to heat until the liquid has reduced by half.

Pour the sticky liquid over the lamb and return to the oven, uncovered for 30 mins. Alternatively, place the lamb in a skillet or pan and BBQ until glaze has caramelised but not burnt (this is easy to do on the BBQ!)

Shred the lamb and stir in the sticky glaze and caramelised onions.

Serve and enjoy.