

SLOW COOKED SOAY JOINT

This is a basic slow cooker lamb recipe, I have made notes along the way of how I have adjusted it to suit me over time or alternatives that I now use regularly.

I tend to change it even more each time as it depends on what veg are available fresh from the garden and what jar of preserves or jam is open in the pantry! The key is the long slow cook.

INGREDIENTS

2 kg soay joint

500 ml lamb stock (I never have lamb stock to hand when I want it so always use half beef and half veg or chicken, I think the beef adds a lovely depth to the flavour)

250 ml red wine (if required, add more stock and wine using the ratio of two parts stock to one part wine).

4 garlic cloves sliced lengthways (I am slightly addicted to garlic, and our home grown is fantastic so I usually use a few more than the recipe suggests)

4 sprigs rosemary

1 tsp blackcurrant jam (or redcurrant, or a bramble jelly or similar also work well)

1 large onion chopped (red for preference)

1 tsp salt (optional; depends on how salty stock cubes are)

1 tsp pepper

1 large carrot roughly chopped (or a handful of large cubes of pumpkin/butternut squash, potato, sweet potato, I've never used parsnips but they would work well too, just be aware that some of these alternatives will add an extra sweetness)

Cornflour (optional, for gravy)

INSTRUCTIONS

- Add the chopped veg and a sprig of rosemary to the slow cooker.
- Using a small sharp knife, poke holes all over the meat at regular intervals, press a small sprig of rosemary and a slice of a garlic clove into each hole.
- Season the lamb well with salt and pepper.
- Place the meat into the slow cooker, and pour the stock and wine down the sides, taking care not to wash the seasoning off of the top of the lamb.
- Check that the lamb is sat in the liquid (approximately a half to two-thirds covered, my slow cooker likes to have at least a third of its capacity filled with liquid, so adjust as your slow cooker or meat requires, but it doesn't need to be submerged), if required dig out some of the vegetables and place them around the side of the meat so that it sits lower.
- I cook on high for approx 6 hours, refer to your specific slow cooker for correct times & temp. (I have done this in as little as 6 hours – my slow cooker is a gentle soul who lives up to her name - I have also left the cooker on low overnight and eaten as a late lunch the next day, I adore it when the meat almost disintegrates upon touch, but adjust to your taste)
- Any fat can be skimmed off with large cold shallow spoon or by swiping a slice of bread across the surface.
- Once cooked, the meat will literally fall from the bone, at this point remove the meat from the slow cooker and into a platter and shred if required.
- Remove all bones from meat and slow cooker. Return meat to slow cooker if serving that way, or serve from platter.
- A thicker gravy can be made by mixing cornflour and some of the juices from the slow cooker into a paste in a small saucepan gradually adding more juices until desired qty/consistency is reached.