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NORA's SLOW COOKED BONED & ROLLED SHOULDER OF LAMB

Ingredients:

Boned & Rolled Shoulder of Lamb

2 tbsp whole grain mustard

Drop of Worcestershire sauce

2 tbsp honey

Pinch salt & pepper

Preparation:

Mix the ingredients and rub over the boned & rolled shoulder of lamb.

Cook for 6 hrs in a slow cooker.

Then finish off in the oven just for 20 minutes to brown.