

## Middle Eastern Style Rolled Shoulder

### Ingredients

- 2 tablespoons of preserved lemon rind
- 2 tablespoons of the Lebanese 5 spice mix
- 3 tablespoons of garlic
- 2 teaspoons of salt

### Method

Mix the above Ingredients and into a paste with the liquid from the preserved lemons.

Rub the mix onto the goat shoulder, wrap in cling film and marinade in the fridge for 24hours

As the shoulder I ordered was near 4 kg, I cut it in half, wrapped in grease proof paper then aluminium foil loosely on the outside to seal the meat in, add two cups of water around the meat before wrapping the foil around the meat, this helps to keep the meat moist. Oven 160c for 4 and a half hours. If you have a rolled shoulder of around 1.5 kg then just halve the marinate mix, adding more of one ingredient to your taste. The preserved lemon gives the meat a new dimension. Cooking time as above.

*Thank you to Mark Jenvey for this Recipe*