

MAPLE GLAZED LAMB ROAST WITH APPLE AND ONION

Cooked low and slow, this sweet and savory autumn grass fed lamb roast will be a fall-off-the-bone delight.

Meat Cut Needed: 1 Lamb Leg Roast or 2 Lamb Shanks or 1 or 2 Shoulder Roasts

Serves: 2-4 humans, depends on appetites of those at your table 😊

Skill Level: Easy to Medium

Cooking Method: Slow Cooker - Oven or Crock-Pot

Requires Thaw: Yes, bring to room temp

Marinade Time: None

Prep Time: 15-30 minutes

Cook Time: 3-4 hours

Ingredients

- 1 lamb roast (about 1-3 pounds)
- Salt and pepper, to taste
- 1 apple, peeled and sliced (I personally didn't peel the apple)
- 1 medium onion, sliced
- 1 cup maple syrup (adjust amount for your sweetness preference)
- 3 cloves garlic, minced
- Water, if needed

Directions

1. Thaw the lamb roast to room temperature.

2. Preheat your oven to 325°F.
3. Generously season the lamb meat with salt and pepper.
4. Place half of the apple, onion, and minced garlic in the bottom of a roasting pan.
5. Pour 1/4 cup of maple syrup over the apple and onion slices.
6. Set the lamb roast on top of the apple and onion slices, then sprinkle the remaining minced garlic over the top.
7. Add the rest of the apple and onion slices around the lamb roast.
8. Pour another 1/4 cup of maple syrup over the top of the roast.
9. Add a tiny amount of water if needed.
10. Cover the roasting pan with aluminum foil and roast in the preheated oven for about 3-4 hours or until the lamb is fall-off-the-bone tender.
11. Once cooked, carefully remove the lamb shanks or leg roast from the oven.

Serve straight out of the oven over rice or couscous, and of course, ENJOY.

Recipe adapted from Alli Penner

Farmer Jordan's Notes:

You don't have to follow this recipe to a T.

Adjust the ingredients to your desired amounts. (I probably don't have to even tell you if you're that type lol)

As noted, you can use whatever lamb roasts you have on hand and the recipe will work fine, although cooking times may be shortened if the amount of roast is less.

They say 1 lb. of roast takes 30 minutes to cook, but be aware that it will also vary with different cooking temps.

Also, when using a Crock-Pot, follow the same directions and just turn to LOW for 3-4 hours depending on the size of your roast.

Use your favorite cooking method, give it a try, and let me know what you think on The Foragers' Blog!