

Foodnity Recipes

Apple Cider Braised Lamb Shoulder Recipe

20 min Prep time	**3 h** Cook time	**3 h 20 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 lbs bone-in lamb shoulder
- [ ] 2 tbsp olive oil
- [ ] 2 large onions, sliced
- [ ] 4 garlic cloves, minced
- [ ] 2 cups apple cider
- [ ] 1 cup chicken broth
- [ ] 2 tbsp Dijon mustard
- [ ] 2 sprigs fresh rosemary
- [ ] 4 sprigs fresh thyme
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper

For Serving

- [ ] Chopped fresh parsley
- [ ] Crusty bread or mashed potatoes

Instructions

1. Preheat your oven to 325°F (165°C). Pat the lamb shoulder dry with paper towels and season generously with salt and pepper on all sides.
2. Heat olive oil in a large Dutch oven over medium-high heat. Sear the lamb shoulder on all sides until deeply browned, about 5-7 minutes per side. Remove and set aside.
3. In the same pot, add the sliced onions and cook until softened and starting to caramelize, about 8-10 minutes. Add the garlic and cook for another minute until fragrant.
4. Pour in the apple cider, scraping up any browned bits from the bottom of the pot. Stir in the chicken broth, Dijon mustard, rosemary, thyme, and bay leaf.
5. Return the lamb shoulder to the pot, spooning some of the liquid over it. Bring to a simmer, then cover and transfer to the preheated oven.
6. Braise for about 3 hours, or until the lamb is fork-tender and easily pulls away from the bone. Turn the lamb over halfway through cooking.
7. Remove the lamb from the pot and let it rest for 15 minutes. Skim any excess fat from the surface of the sauce and discard the herb stems and bay leaf.

8 Shred the lamb meat, discarding any large pieces of fat or bone. Return the meat to the pot and stir to coat with the sauce. Serve hot with crusty bread or mashed potatoes.

Nutrition per serving

580 kcal	48 g	12 g	36 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, you can stir in a tablespoon of butter at the end
- If the sauce is too thin, simmer it uncovered for 10-15 minutes to reduce
- This dish pairs beautifully with a simple green salad to cut through the richness