

Lamb shoulder braised in vinegar and anchovies

by [Anna Tobias](#)



Main Easy 4

4 hours 20 minutes

Want to try something a little different for Sunday dinner this week? Give this delicious Spanish-inspired [lamb shoulder](#) a go. Braised in white wine, sherry vinegar and [anchovies](#) for a delightfully savoury and slightly sweet finish, it's the perfect dish for making Sundays special.

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Ingredients



- 3 onions, finely sliced
- 3 garlic cloves, finely sliced
- 1 small tin of anchovies, ideally Spanish
- 1/2 lamb shoulder, bone in, weighing approx. 1.2-1.4kg
- 1 sprig of rosemary, leaves picked and finely chopped
- 150ml of sherry vinegar
- 300ml of white wine
- 3 tbsp of olive oil
- 1 tbsp of black peppercorns
- 3 bay leaves
- salt

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Method



- 1 If you have a lidded casserole that will fit the lamb then use this. Otherwise use a baking dish that can fit the lamb relatively snugly
- 2 Preheat an oven to 170°C fan/gas mark 3. Place your casserole (or a saucepan) over a medium heat and add the olive oil. Gently sweat the garlic and onions in the oil for 5 minutes until slightly softened, then add the rosemary and cook for another 5 minutes
- 3 Add the anchovies and allow them to melt into the onions, then pour in the sherry vinegar, wine, peppercorns and bay leaves. Bring to the boil and allow to bubble and reduce for a few minutes
- 4 Very lightly salt the lamb, as the anchovies will add plenty of seasoning on their own. Nestle the lamb shoulder, skin-side down, into the onion mixture and baste the meat. Put the lid on and place in the oven (or, if using a baking dish, place the lamb in it and pour the onion mix over the top, then cover with foil)

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- 5 Cook for 1.5 hours, then give the lamb a baste and check the liquid levels – if it looks dry then add around 100ml of water. Return to the oven for 2 hours, then flip the shoulder over and test the tenderness of the meat. If it's not yet easing off the bone, return to the oven for another half an hour. Once it's tender, remove the lid (or foil) and allow the top to brown for a final 20 minutes
- 6 Serve with potatoes and greens



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Previously guest head chef at East London favourite P. Franco, Anna Tobias has built a career on simple but effective cookery.

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