



Slow Roasted Lamb

1 lb Colorado lamb shank or shoulder
½ cup red wine or balsamic vinegar
Mediterranean spice rub or sorts (including garlic, salt, oregano, pepper, mint)
1 Tbsp coconut oil
2 cups of veggie or chicken broth (enough to cover lamb slightly)
3-4 cloves of garlic

Rub the Mediterranean spice onto the meet on both sides. Turn on heat to high on the stove to heat up skillet (cast iron is best), melt the coconut oil until liquid, seer the meat on high until brown or caramelized on each side. Place into crock-pot with broth, garlic and sea salt, and turn on high until hot. Deglaze the seering pan with the red wine (now a perfect match for dinner), and add the wine sauce to the crock-pot as well. Cook for 6-8 hours on low.

Gravy: To make the gravy, take the cooked lamb out of the crock-pot, and set aside. Pour the broth into a shallow skillet with a pinch of salt, 1 Tbsp of flour (rice preferably) and one clove of garlic. Thicken while stirring on medium heat, and serve along side of lamb.

