

INGREDIENTS:

1 deboned lamb shoulder
3 oranges
2 limes
Zest of one grapefruit
5 tablespoons soy sauce
Sea salt
Freshly-ground black
pepper

TIME: 2 hours**SERVING:** 6 people

Heat the oven to 190C gas mark 5. Finely zest the grapefruit and one orange. Mix the juice of the orange with the juice of the limes. Using a sharp knife remove the peel from the grapefruit and the two remaining oranges and slice out the segments. Lay the lamb shoulder on the work top, season generously, lay half the segments of fruit evenly across it then tie up, place in a roasting pan and surround with the remaining segments. Sprinkle the zest over the meat and the fruit and mix the orange and lime juice with the soy sauce and drizzle over. Roast for 45 minutes, basting regularly. Allow to rest for a few minutes before carving into thick slices and serving topped with the cooking juices.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: