

## Slow cooked half leg of lamb with red wine gravy



### Ingredients

*2 carrots (chopped)*  
*2 onions (chopped)*  
*2 parsnips (chopped)*  
*5 garlic cloves (crushed but still whole)*  
*1 half leg of lamb*  
*250ml lamb or vegetable stock*  
*250ml red wine*  
*Salt and pepper to taste*

### Method

1. Place all veg and garlic in bottom of slow cooker. Place lamb on top, then add remaining ingredients.
2. Turn slow cooker on to low. Cover with lid and leave for 6 to 7 hours, or until cooked.
3. Remove lamb and transfer to plate. Be careful as the meat will fall of the bone. With the juices and veg left, strain into a pan and gently simmer to thicken the gravy. (You can add some cornflour to help thicken the gravy, if liked.)

Serve the lamb with the red wine gravy, roast potatoes, veg and even Yorkshire puds.