

Treasure Barrel

Lamb Tava Recipe With Potatoes (Slow Cooked)

20 min Prep time	**2 h 30 min** Cook time	**2 h 50 min** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs lamb shoulder, cut into 2-inch chunks
- [ ] 2 lbs potatoes, peeled and cut into large chunks
- [ ] 1 whole head of garlic, cloves separated but not peeled
- [ ] 1/4 cup extra virgin olive oil
- [ ] 2 tbsp dried oregano
- [ ] 1 lemon, juiced
- [ ] 1 1/2 tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 cup water

Instructions

1. Pat the lamb pieces dry with paper towels. Season generously with salt and pepper. Heat the olive oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat.
2. Working in batches, brown the lamb pieces on all sides until they develop a nice crust. This should take about 5-7 minutes per batch. Don't overcrowd the pan - give them space to brown properly.
3. Remove the lamb and set aside. Reduce heat to medium and add the whole garlic cloves to the pot. Cook for 2-3 minutes until they're fragrant and lightly golden.
4. Return all the lamb to the pot along with any accumulated juices. Sprinkle the dried oregano over everything and pour in the water. Bring to a gentle simmer.
5. Arrange the potato chunks around and over the lamb. Cover tightly with a lid and reduce heat to low. Let it cook gently for 2 hours without stirring.
6. After 2 hours, check if the potatoes are tender and the lamb falls apart easily. If needed, cook for another 15-30 minutes. Stir in the fresh lemon juice just before serving.

Nutrition per serving

420 kcal	28 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The lamb will release quite a bit of liquid - this is normal and creates the delicious cooking broth
- Resist the urge to stir during cooking - the steam needs to circulate properly
- Leftovers reheat beautifully and often taste even better the next day