

# Recipes and Tips



## Barbacoa

This Mexican feast is a great way to spice up a Shropshire Lamb shoulder. Barbacoa traditionally cooks the whole animal in a pit, though this recipe is for smaller amounts cooked in the oven. This delicious meat is then served with a salsa, guacamole and corn tortillas

### Barbacoa

1 Lamb Shoulder, boned and rolled  
100g Ancho chilli paste

### Pico Di Galo (salsa)

1 large onion  
4 Ripe Tomatoes  
1 Bunch fresh coriander leaves  
Juice of a lime

### Barbacoa

To make your lamb super tender, coat with the Ancho paste, cover and place in a very low oven (120 degrees) for 12 hours!  
Remove from the oven 30 minutes before you are ready to eat, allow the lamb to rest then pull apart with two forks.

### Pico Di Gallo

Finely dice your onion and tomatoes  
Add the lime juice and garnish with fresh coriander  
Add chilli flakes, salt and pepper to taste

### Guacamole

Half the avocados, remove the stones and scoop the flesh into a large bowl  
Finely dice your tomato and add to the avocados along with the other ingredients.  
Mash with a fork until you have the desired consistency.  
Adjust the seasoning as required

### Guacamole

4 ripe avocados  
1 tomato  
1tsp Ancho paste  
Salt and Pepper to taste