

Choco Fever Dream

Apple Cider Pulled Lamb – Easy Crockpot Recipe

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs lamb shoulder, trimmed
- [ ] 2 cups apple cider
- [ ] 1 large onion, sliced
- [ ] 2 tbsp apple cider vinegar
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 2 sprigs fresh thyme

For the Sauce

- [ ] 1/4 cup ketchup
- [ ] 1 tbsp Dijon mustard
- [ ] 1/2 tsp smoked paprika

Instructions

1. Pat the lamb dry, season with salt and pepper, and optionally sear on medium-high heat for 2-3 minutes per side.
2. Place the onion slices at the bottom of the crockpot, then add the lamb on top.
3. In a bowl, whisk together apple cider, vinegar, brown sugar, ketchup, mustard, and smoked paprika; pour over the meat.
4. Cover and cook on low for 6-8 hours, or until the lamb is fork-tender and easily shreds.
5. Remove the lamb, shred with two forks, stir in fresh thyme, and return to the sauce. Serve warm.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce is too thin, uncover for the last 30 minutes to reduce.
- Taste and adjust sweetness or acidity before serving.
- Leftovers taste even better the next day as flavors meld.