
RECIPE OF THE WEEK

Sara's Easter Lamb

An easy way of roasting lamb which is both decorative and rustic at the same time. Braising the lamb in wine at the second stage makes for succulent meat and produces rich wine gravy whilst roasting the veg together in one tray saves on the washing up and phaffing about so you can concentrate on talking to your guests!



*1 leg of lamb approx 2.2-2.5 kg
1 bottle Valpolicella or Chianti
olive oil to rub
8 shallots or pickling onions
3 or 4 whole garlic cloves
2 turnips
8 small Charlotte or Picasso potatoes
4 small parsnips
8 small carrots
1 good sprig each of rosemary & thyme plus the same again chopped
a few bay leaves
sea salt and freshly ground black pepper*

Preheat your oven to 220°C whilst cutting the veg into chunky pieces with the onions whole. You can heat up the oven tray whilst doing this since the next step is to rub your hands with olive oil then rub the vegetables before rattling them around in the tray on the hob to colour before popping them in the top of the oven.

Next step is rub the lamb with olive oil in the same way so that you can sprinkle lightly with few pinches of sea salt and coarsely ground black pepper.

At this point check the oven to see how the veg are doing. When they are singed round the edges remove from the oven tray and set aside covered with foil. Replace the lamb and put back in the top of the oven fat side up uncovered for about 30mins. When the fat starts to brown lift the lamb onto a warm plate or chopping board and cover loosely with

foil. Turn the oven down to 170°-180°C. Strain the juices from the pan for use later, replace the lamb and pour in the wine and reheat on the hob until the wine starts to bubble, basting the lamb all the while. Decorate with a sprinkle of chopped rosemary and thyme then wrap the top of the tray with foil to make a tent over the lamb so it steams. Return the lamb to the middle/bottom rack of the oven and roast for about 90mins or until the meat reaches 55°C for medium rare, 60°C for medium or 70°C for well done. When you have got to your desired donness put the oven tray back on the hob. Carefully remove the foil and baste the meat with the wine. Lay the veg around the joint in the wine, season and toss a few sprigs of thyme, rosemary and bay leaves over the top for perfume. When

the wine starts to bubble replace the foil and return to the oven for another 40-60 mins.

Transfer the veg, minus the garlic, to warmed vegetable dishes and cover with foil whilst reducing the sauce. Place the roasting tray on the hob and reduce the with some the reserved meat juices (you can strain off the fat). Squish the pulp from the garlic into the sauce and stir. Adjust seasoning then pour it into a warmed serving jug then sprinkle the lamb and vegetables with the herbs and serve.

To download this recipe go to www.squisito-deli.co.uk
