

THE PANTRY

A community of food and drink lovers

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A rich and juicy roast lamb is often such a popular option, and you can't go too wrong with the cooking of it either, because the shape and ratio of meat to bone makes it the perfect cut for a well-balanced roasting.

CLASSIC ROAST LEG OF LAMB

bone-in, trimmed leg of lamb (usually around 2 kg/4 lbs.)

2 sprigs of fresh rosemary

2 garlic cloves, chopped (optional)
salt and black pepper, to season

EASY ROAST GRAVY

2 tablespoons plain/all-purpose flour

100 g/3³/₄ oz. Brown Chicken Stock (see page 36)

or 200 ml/scant 1 cup chicken stock from a stock/bouillon cube
2 teaspoons redcurrant or cranberry jelly
salt and black pepper, to season

SERVES 6–8

Preheat the oven to 180°C (350°F).

Place the leg of lamb in a roasting pan and sprinkle the rosemary, garlic (if using), and some salt and pepper on top.

If you like, put your vegetables to roast around the edge (I recommend parboiling for a couple minutes first, if you're doing potatoes or root vegetables, so that they don't dry out too much).

Cook in the preheated oven for about 90 minutes, but check it a couple of times before the end of that time, as cooking times depend on the shape of the leg – they can be short and plump or long and thin, depending on the breed. For rare/pink meat, it may only need 60 minutes.

I find the easiest way to carve is to start in the middle and slice towards the ankle end first. Then you can hold that and turn it to slice in the opposite direction. There's lots of meat on the hind leg, so don't worry too much about technique; you'll be able to get all the meat off one way or another.

Serve with mint sauce (recipe in the book), easy roast gravy (recipe below) and vegetables

of your choice. If you have any leftover, why not use it in the leftover roast lamb moussaka (recipe in the book).

EASY ROAST GRAVY

Once your meat is fully roasted, move it to a board to rest (don't put kitchen foil over the top; you'll only be a few minutes, so just let it breathe).

Drain nearly all of the meat juices from the roasting pan into a jar, but leave the last 3–4 tablespoons in there – this is usually the fattier portion, which is what we want.

Put the roasting pan over a medium heat on the stovetop and let the reserved fatty meat juices start to bubble.

Stir in the flour and then add the stock and stir well until smooth. Add the redcurrant or cranberry jelly and keep cooking until thickened and glossy.

Season to taste. Transfer to a gravy boat or spoon over the carved meat.



Recipe from MODERN MEAT KITCHEN by Miranda Ballard
For more information: <http://www.rylandpeters.com/modern-meat-kitchen>