

POT ROASTED LOCAL BREAST OF LAMB (D/F)



ONE POT MEAT DISH. SERVES 4. INGREDIENTS ALL AVAILABLE AT JOHNS

- 500g Local boned & rolled Breast of Lamb
- 1 TBSP Olive Oil
- 50g Butter
- 2 Large Leeks
- 2 Large Carrots
- 1 litre chicken or vegetable stock (use a gluten free stock to make the dish Gluten Free)
- 1 glass dry white wine
- 2 Sprigs fresh Rosemary
- Salt & Pepper
- Cornflour if necessary

METHOD

- Preheat the oven to 160c/ 310f/ gas 3.
- Heat the oil and butter until very hot in a large frying pan and brown the lamb on all sides.
- Peel and chop the carrots in to large chunks repeat with the leeks.
- Lay the vegetables in the bottom of an oven proof dish with a lid.
- Sit the browned lamb on top of the vegetables and season with a little salt and lots of pepper.
- Pour over the hot stock and wine to almost cover the meat. Top with the Rosemary sprigs.
- Cook in the oven covered for 2.5 to 3 hours until the Lamb is very tender.
- After the cooking time remove the Lamb to a warm place to rest for at least 10 minutes.
- Plate some of the vegetable chunks and keep warm.
- Using a blender puree the rest of the stock and vegetables to form a sauce using a little slaked cornflour to thicken if necessary.
- Carve the Lamb in thick slices and serve with your choice of potato and a green vegetable with the carrot and leek.

Goes well with a glass of Cabernet Shiraz.