

Roast Leg of Lamb with Rosemary and Shrewsbury Sauce

Serves 6

Cuisine: British

Preparation Time: 10 Minutes
Cooking Time: 1h 15m for rare, 1h 35m for medium (see Chef's Notes)
Resting Time 20 Minutes

Ingredients:

For the lamb:

4 Garlic cloves, peeled
2.25kg Leg of lamb with knuckle removed
1 Onion, peeled & sliced
Olive Oil
Sea salt & black pepper
Few sprigs of rosemary

For the sauce:

1 tbsp Plain flour
150ml Port
1½ tsp English mustard
4 tbsp Redcurrant jelly
500ml Lamb or beef stock
2 tbsp Lemon juice

Method:

1. Preheat oven to 210°C / 190°C for fan oven or 410°F or Gas Mark 6½
2. Cut each garlic clove into 4 thin slivers, make incisions all over the top of the lamb and slip a sliver of garlic and a few rosemary needles into each one.
3. Place the onion and a couple of rosemary sprigs in the centre of a roasting dish that will hold the lamb snugly and drizzle over a little oil. Place the joint on the top fat-side up, drizzle over a little oil and season. (If you have the knuckle bone from the butcher, tuck it under the edge of the joint).
4. Add water to depth of about 1cm and roast for calculated time depending on how rare you like your meat (see Chef's Notes). If the dish dries out a little add a little more water to prevent the juices burning.
5. Remove the lamb to a serving plate, cover with foil and leave to rest for 15-20 minutes. Discard the knuckle and skim any excess fat from the roasting tray.
6. Place the roasting dish on the hob, stir in the flour and then the port, mustard and redcurrant jelly, and blend with a wooden spoon until you have a smooth, thick paste. Gradually blend in the stock. Add seasoning, bring to the boil and simmer for several minutes, then add the lemon juice. Strain the sauce into a gravy jug.

To Serve:

Carve the lamb across the grain and serve with roasted vegetables and the sauce.

Chef's Notes:

Cooking Time is for an average joint. To calculate properly, weigh the leg of lamb and cook for 12 min per 450g plus 15min over for medium rare, 15 min per 450g plus 20 min over for medium.

Carving the lamb across the grain will give you succulent, juicy slices. Don't forget to tip out any juices into the gravy.