

April IN THE ISSUE



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COVER RECIPE ❖

Lamb on spring vegetables

SERVES 4

- 1 leg of lamb, approx 1.5kg**
- 2 onions, peeled, diced**
- 2 carrots, peeled, diced**
- 200g celeriac, peeled, diced**
- 4 garlic cloves, peeled, diced**
- 2 sprigs of rosemary**
- 4 sprigs of thyme**
- 250ml red wine**
- 200ml lamb stock**
- salt and ground black pepper**
- 2 Romaine lettuces, cut in quarters**
- 1 bunch of asparagus, trimmed**
- 2 parsnips, cut into long pieces**
- 4 spring onions, trimmed, cut into 6cm pieces**

Preheat the oven to 180°C/Gas Mark 4. Season the lamb, then heat some oil in a roasting tin, add the lamb and brown on all sides on the hob. Add the onions, carrots, celeriac and garlic to the tin and brown briefly. Stir in the wine. Add a little stock, the rosemary and thyme to the pan and braise in the oven for 2½ hours. Gradually add the rest of the stock, basting the meat frequently.

For the vegetables, put the asparagus and parsnip on a baking tray and sprinkle with oil. Season, then put in the oven with the meat for the last 25-30 minutes of cooking time. Add the lettuces and spring onions to the baking tray for the last 10-15 minutes.

Carve the meat and serve on top of the vegetables, drizzled with some of the strained cooking juices.

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