

SLOW ROAST SHOULDER OF LAMB WITH ROASTIES

Serves 8

1.5kg lamb shoulder
2 sticks celery
2 carrots
2 onions
1 bulb of garlic sliced in half
through the middle
4 sprigs of fresh rosemary
12 medium sized potatoes
½ cup plain flour
1 tsp redcurrant jelly
Olive or rapeseed oil

Thursday night is roast night. It's a good opportunity to use some of the produce from the Farm and enables the children to make the connection with where our food comes from. Beef brisket and roast pork regularly feature but I think this is the best. Shoulder is one of the cheaper cuts of lamb but still has a wonderful, sweet flavour when cooked long and slow. It will fall apart beautifully when cooked properly. The same method can be used for cooking brisket.

1. Preheat the oven to 240°C / 220°C Fan / Gas Mark 9.
2. Roughly chop the veg into large chunks and spread around the base of a large deep roasting tin.
3. Rub in some oil into the lamb and season with plenty of salt and pepper.
4. Place it in the tin with the rosemary on top and cook for 30 minutes or until the lamb has browned.



5. Remove from the oven and add enough water to come half way up the lamb. Tightly cover with foil and carefully place in the oven. Turn the oven down to 190°C / 170°C Fan / Gas Mark 5, and cook for 4 hours, which should render the lamb very tender and falling apart.
6. For the roasties, peel and halve the potatoes (or cut into thirds if large) and place in a saucepan of cold, salted water. Bring to the boil and cook briefly until you can scrape the outside of the potato with your fingernail. Drain into a colander and rough the edges by tossing them. Put them onto a baking tray ensuring they are not overcrowded, drizzle over plenty of oil (be generous otherwise your potatoes will not crisp nicely) and sprinkle over some salt. Put these in the oven an hour before the meat is cooked and turn after 45 minutes.
7. Once the meat is ready, take it out of the oven and turn up the heat up to 240°C / 220°C Fan / Gas Mark 9 to crisp up the potatoes, keeping an eye on them so they don't burn.
8. To make the gravy, place the lamb into a large dish and cover with foil. Pour all the liquid and vegetables into a saucepan and mash up all the veg. Heat the pan, add most of the flour and the redcurrant jelly and whisk. Let this simmer for 10 minutes. If necessary add more flour until you reach the desired consistency, before passing through a sieve, pressing through any liquid with a spoon. Taste and add salt if needed.
9. Serve with the potatoes, some greens and roasted vegetables.

