



TIPS • ADVICE • COOKING TIMES

Lamb

Buying Lamb

Joints to choose: Leg, Shoulder, or Saddle (double loin).

Weight to allow: A 4 to 5lb (1.8 to 2kg) joint on the bone gives 6 to 8 good portions. Allow slightly more for saddle, due to the amount of bone.

Adding Extra Flavour to Lamb

Flavour the lamb by inserting a few slivers of garlic under the skin before cooking or brush the half cooked meat with a little honey and sprinkle with rosemary then finish cooking.

Accompaniments

Mint Sauce or Jelly or Red Wine and Cranberry Sauce:

Blend $\frac{3}{4}$ pint (450ml) of the marinade with 3 level teaspoons arrowroot. Put into a pan with 5 tablespoons cranberry jelly, stir until thickened.

Green peas, cauliflower, roast potatoes and/or duchesse potatoes. Cook 2lb (900g) potatoes in boiling salted water, strain then sieve. Beat in 3oz (75g) butter and 3 egg yolks. Season well. Pipe or form into pyramid shapes. Bake for 20 minutes. These can be prepared ahead and frozen.

Cooking Times

375° F / 190° C / Gas Mark 5. Allow 25 to 30 minutes per lb (450g) plus 25 to 30 minutes over. A piece of lamb on the bone will cook more quickly than one without.

Carving Lamb

Leg and Shoulder: Carve slices downwards on rounded side, then carve underside horizontally.

Loin: Carve between the bones.

Using Cooked Lamb

In salads, a curry or mince and use in a Moussaka.

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