

# LEG OF MUTTON

## ROAST



### FOR BEST RESULTS, ROAST THIS CUT

CORE TEMPERATURES	°C	°F
RARE	54	130
MEDIUM RARE	58	135
MEDIUM	61	140
MEDIUM WELL DONE	65	150
WELL DONE	72	160

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

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### METHOD

- Remember to remove your joint out of the packaging, pat dry and bring to room temperature.
- Pre heat your oven to 210°C temperature fan assisted or 230°C without a fan (gas mark 8).
- Season the joint just prior to roasting.
- Choose a large, heavy based roasting tray, ideally with deep sides and handles for easy movement.
- Massage a little goose or duck fat or a light olive oil if the joint does not have a generous coating of fat then season with good quality fine sea salt.
- Make a trivet by roughly chopping equal amounts of onion, carrot, celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of thyme and a few black peppercorns, another nice addition can be a head of garlic split in half.
- Place the joint skin side up onto the trivet which should line the base of the tray.
- Place in centre of oven and roast for 20 minutes then reduce the temperature to 170°C fan assisted or 190°C (gas mark 5) then continue roasting for 30 minutes per 500g reaching a core temperature of minimum 65°C.
- Alternatively add half a bottle of wine, red or white and the same of water to the tray and pot roast after the initial 20 minute roast by covering with tin foil and cooking at 160°C fan assisted or 140°C (gas mark 3) for 5 to 6 hours nice and slow, ensure the meat comes away from the bone easily if using this method.
- Remove from oven and pop onto a clean tray and keep warm by covering with a sheet of tin foil then resting for a minimum of 20 minutes before carving, leaving the roasted vegetables in the tray for the gravy.
- For the gravy make up 500ml of Essential Cuisine lamb stock, then deglaze roasting tray with this stock stirring all the caramelized juices from the tray, then pass through a fine sieve pushing all the juices from the vegetables into a clean sauce pan, bring to the simmer and thicken if required by whisking in a teaspoon of corn flour mixed with a little cold water and reduce till you reach a rich glossy gravy.

### SERVING SUGGESTION

Serve with traditional roast potatoes, Yorkshire puddings and fresh mint sauce.

