



# No mint sauce required

New spring lamb is a tradition at Easter. These recipes offer Mediterranean variations on the theme.

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## Chunks of orange marinated shoulder of lamb with Marsala gravy and St Clements roast potatoes **Serves 6-8**

Ask your butcher to bone the shoulder of lamb and you can then cut it into chunks. Marinate the lamb pieces in orange, garlic and cinnamon and cook according to taste. Pre-heat the oven to 230c/Gas Mark 8

### Ingredients

- 2-2.5kg boned shoulder of lamb
- 4 fat cloves of garlic peeled and cut into slivers
- Maldon salt and freshly ground black pepper
- Finely grated zest and juice of 2 oranges,
- 1 heaped teaspoon cinnamon
- 100ml Marsala wine

### Roast potatoes

- 1kg potatoes, peeled and cut into 2-3cm cubes or 1kg new potatoes
- Goose fat
- Finely grated zest and juice of 1 small orange

### Gravy

- Pan juices
- 2 heaped tablespoons plain flour
- 500ml-1 litre reserved potato water or stock
- Gravy browning and seasoning (optional)

**1** Cut the lamb into 16 or 24 large chunks and put into a large plastic bag with the slivers of garlic, sea salt and black pepper, orange zest and cinnamon. Mix well and leave at room temperature for a couple of hours. Arrange the meat in a large roasting dish, add just enough water to cover the base and cook for 1 hour. Stir from time to time. Reduce the heat to prevent burning. Pour half the orange juice over the meat, stir well and cook for another 20 minutes, then stir again. Transfer to a serving dish and leave to rest for 20 minutes. Reserve pan and juices for gravy.

**2** Put the prepared potatoes in a pan of cold salted water, bring to the boil and simmer for 4 minutes. Drain thoroughly (reserving the potato water for the gravy) and put in a roasting tin with a generous tablespoon of goose fat or 2 tablespoons of sunflower oil. Put the potatoes in the oven and after five minutes add the orange zest

and stir the potatoes to coat in fat and zest. Cook for 1 hour or until golden, stirring from time to time. After this time, drizzle the potatoes with the orange juice and return to the oven for 10 minutes, then arrange around the meat.

**3** Put the roasting tin containing the pan juices over medium heat on a ring on the hob, scrape up the pan juices, add the flour and stir into the juices to form a smooth roux. When it starts to bubble, add the potato water or stock a little at a time, stirring all the while until you have a smooth sauce.

**4** Strain the gravy through a fine sieve into a saucepan. If it is not dark enough, add a few drops of gravy browning. Put the saucepan over medium heat and simmer for 10 minutes or until the gravy is rich and thick. Add seasoning if necessary and then add the Marsala and the remaining orange juice and heat through.



Energy (kcal) 852, Fat(g) 54, of which Saturates(g) 24, Carbohydrates (g) 37, of which Sugars (g) 6, Salt (g) 1.5

## Middle Eastern spiced butterfly of leg of lamb **Serves 6-8**

A butterflied leg of lamb is boned and split open. Here, it is then submerged in a spiced and honeyed marinade before being roasted. Get your butcher to do the hard work of boning the leg: all you need to do is make the marinade, cook the meat and sit back and enjoy it. You can serve this as a traditional roast with roast potatoes or as a middle-eastern feast with flat breads and couscous salad. Butterflied leg of lamb cooks well on the barbeque, but make sure you don't add the almonds - they will burn! Preheat the oven to 230c/Gas mark 8

### Ingredients

■ 1.5kg - 2.5kg leg of lamb butterflied

### Spice marinade

- 6 cloves garlic crushed
- 1 egg-sized lump of ginger, peeled and grated finely
- ½ teaspoon cumin seeds, crushed
- ½ teaspoon coriander seeds
- 3 level teaspoons coarse salt
- ½ teaspoon ground black pepper
- 1 tablespoon ground turmeric
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons yogurt
- 1 tablespoon local honey
- 50g split almonds

### Yogurt, garlic and mint dip

- 300ml bio-type yogurt
- 4 cloves garlic crushed
- Bunch mint, finely chopped
- 1 dessertspoon local honey
- Maldon salt and freshly ground black pepper to taste

- 1 Remove any excess fat from the lamb. Stab the lamb with a skewer. Put the garlic, ginger and spices together in a mortar and crush with a pestle or grind together in a blender.
  - 2 Add the olive oil, lemon juice, yogurt and honey and mix into a paste.
  - 3 Smooth the paste all over the lamb, pressing the paste into the stabs. Put the lamb in a bowl. Cover and leave for 48 hours in the fridge.
  - 4 Transfer the lamb to a roasting dish, skin-side up, and roast in a hot oven for 30 minutes, sprinkle with split almonds, then reduce the heat to 200°C/Gas Mark 6, and cook for a further 30 minutes or until the lamb is cooked to your liking and the almonds are golden.
  - 5 Cover with foil and leave to rest for 20 minutes, then slice thickly and serve with the dip, flat breads and salads or roast potatoes and vegetables.
- Energy (kcal) 665, Fat (g) 48, of which Saturates (g) 14, Carbohydrates (g) 6, of which Sugars (g) 5, Salt (g) 2.8





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Energy (kcal) 664, Fat (g) 59, of which Saturates (g) 26, Carbohydrates (g) 3, of which Sugars (g) 2, Salt (g) 0.4

### Sicilian lamb cutlets with fennel **Serves 6**

*This delicious dish belies the simplicity of the recipe. Enjoy the admiration of friends and family as you dish up. Pre-heat the oven to 230c/Gas Mark 8. Serve with couscous or rice*

#### Ingredients

- 1 kg small lamb cutlets
- 2 fennel bulbs, sliced
- 4 large garlic cloves, peeled and cut into slivers
- 1 heaped teaspoon of fennel seeds
- 1 bay leaf
- Juice and grated rind of 2 lemons
- Salt and pepper
- A drizzle of extra virgin olive oil

**1** Put the lamb, fennel, garlic, fennel seeds, bay leaf, lemon juice (reserve lemon zest, see below), seasoning and good drizzle of oil in a large plastic bag and seal and leave overnight in a cool place, turning from time to time to distribute the marinade.

**2** Put the cutlets, fennel and marinade in a large roasting pan and spread them out evenly. Cook for 20-30 minutes, turning the meat and vegetables after 15 minutes. If the meat is browning too fast, lower the heat.

The meat should be golden brown. Drain off the pan juices into a saucepan and leave the meat to rest for 10 minutes.

**3** Set the saucepan with the juices over medium heat, simmer for a few minutes and stir. Arrange the cutlets and fennel on a serving dish and drizzle with the pan juices. You can cook the cutlets and vegetables on a barbecue but the juices will be lost.

**4** Serve with, or on, rice or couscous tossed in extra-virgin olive oil and lemon zest.