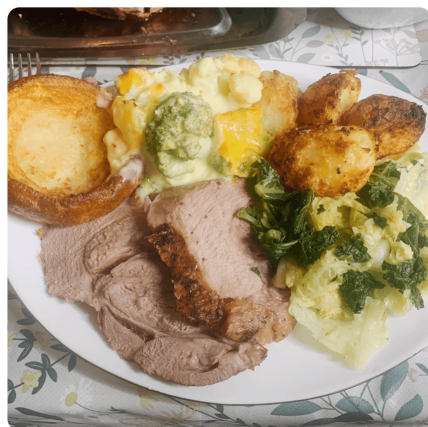


# Roast Lamb, Spring Greens, Cauliflower & Broccoli Cheese, Yorkshire Puddings, Roast Potatoes



## Ingredients

- 2.5kg leg of lamb
- 3 tbsp mint sauce
- 1 large or 2 medium carrots, cut into chunks
- 1 onion, quartered
- A few sprigs of rosemary
- 2 tbsp gravy browning
- 300g spring greens

### For the Yorkshire puddings

- 6 eggs
- 1L milk
- 4 tbsp oil
- 240g plain flour
- Pinch salt and pepper

### For the roast potatoes

- 16 potatoes
- 50ml oil
- 4 tbsp flour
- Salt and pepper

### For the cauliflower & broccoli cheese

- 1 cauliflower
- 1 broccoli
- 2 tbsp flour
- 2 tbsp butter
- 500ml milk
- 1 tbsp mustard
- 200g grated cheese

## Methods

1. Heat oven to 200C.
2. Rub mint sauce all over the lamb leg and season with salt and pepper.
3. Break a couple of carrots in half and chop an onion into quarters.
4. Place them into a roasting tin with the rosemary and sit your lamb leg on top of them.
5. Pour in a kettle of boiling water.
6. Cover loosely with foil and put in the oven.
7. After 30 mins take off the foil and continue to roast the meat.
8. Your meat should be cooked after about an hour (or core temp of meat 71f for medium, use a meat thermometer if you have one).
9. Cook for longer if you like your lamb well done - You don't want any blood running when you pierce the lamb.
10. Remove from the oven and cover with foil.
11. Then put the pan onto the hob. Mash down the onions and carrots, add some gravy browning and a spoonful of mint sauce and keep stirring until you have a thick gravy.
12. Trim the base of the spring greens and chop roughly into pieces. Cook them in a pan of boiling water for about 4 minutes until tender. Drain and toss with salt and pepper to season and add a large knob of butter.

## Let's make the Yorkshire puddings

1. Crack the eggs into a bowl and add the flour and the milk and mix until you can start to see bubbles. An electric whisk is easier and quicker, but you can do it by hand.
2. If you can, make this batter well in advance and chill - overnight is great.
3. Heat up your yorkie pan, then add the oil.
4. Put the pan back in the oven until the oil is smoking hot.
5. Give the batter a quick stir and pour it into the Yorkshire pudding tray - it should start to cook and sizzle immediately. Place it on the top shelf of the oven.
6. Cook until well risen and golden. It should take around another 15 minutes.

## Let's make the roast potatoes

1. Boil the potatoes in salted water for 15 minutes.
2. Drain the potatoes and then sprinkle the flour over them and shake well.
3. You want to bash them a bit to get rough edges.
4. Add salt and pepper to the oil.
5. Heat the oil in the oven at 200°C until it is hot.
6. Add the potatoes to the oil and then put in the oven for 20 minutes until potatoes are crisp and golden brown.

## Let's make the cauliflower & broccoli cheese

1. Put the cauliflower & broccoli into a large pan with enough cold water to cover it.
  2. Cover and bring to the boil.
  3. Reduce heat and simmer for 15 minutes.
  4. Drain and allow the cauliflower & broccoli to dry.
  5. Meanwhile, in a separate pot, melt the butter over a medium heat.
  6. Stir in the flour and allow to cook out for 2 minutes.
  7. Gradually pour in the milk, stirring continuously.
  8. Bring the mix to the boil and then reduce the heat and simmer until the sauce has thickened.
  9. Take off the heat and stir in the mustard and 150g of the cheese and keep stirring until it has melted.
  10. Put the cauliflower & broccoli into a casserole dish and pour over the sauce.
  11. Top with the remaining cheese and pop in the oven at 200c for 15 minutes.
- Note:** Keep 500g of lamb for lamb hotpot and don't forget to make stock from the leg bone!

# Roast Lamb, Spring Greens, Cauliflower & Broccoli Cheese, Yorkshire Puddings, Roast Potatoes

Let's make the lamb stock

## Ingredients

- Lamb leg bone
- 2 carrots, cut into chunks to need to peel
  - 2 onions, quartered
- 2 sticks celery, roughly chopped into chunks
  - 1 tbsp dried thyme
  - 1 tbsp dried parsley
    - 1 bay leaf
- 2 litres water

## Method

### Slow Cooker Instructions

Add all ingredients to the slow cooker. Cover and cook on low for 8 to 10 hours. Once the stock is done, strain the liquids from the solids using a fine mesh sieve. Let the stock cool. Cover and refrigerate. Skim off any accumulated fat on top before using.

### Stockpot Instructions

Place lamb bones in a large stockpot. Pour enough water to completely submerge the bones.

Over medium heat, bring to a rapid simmer and immediately reduce heat to a low simmer. Skim off any scum that forms before adding vegetables and herbs.

Cover, and continue simmering for at least 4 hours - up to 10.

Strain the broth through a fine sieve, discarding the bone and vegetables. Let cool. Chill and skim off fat.

**Note:** Use 500ml for the lamb hotpot and save the rest to make soup.