



EASTER SUNDAY ROAST MEATS



ROAST LAMB

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

METHOD

HEAT OVEN TO 200C.

RUB MINT SAUCE ALL OVER THE LAMB LEG AND SEASON WITH SALT AND PEPPER.

BREAK A COUPLE OF CARROTS IN HALF AND CHOP AN ONION INTO QUARTERS.

PLACE THEM INTO A ROASTING TIN WITH THE ROSEMARY AND SIT YOUR LAMB LEG ON TOP OF THEM.

POUR IN A KETTLE OF BOILING WATER.

COVER LOOSELY WITH FOIL AND PUT IN THE OVEN.

AFTER 30 MINS, TAKE OFF THE FOIL AND CONTINUE TO ROAST THE MEAT.

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).

COOK FOR LONGER IF YOU LIKE YOUR LAMB WELL DONE - YOU DON'T WANT ANY BLOOD RUNNING WHEN YOU PIERCE THE LAMB.

REMOVE FROM THE OVEN AND COVER WITH FOIL.

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.



ROAST BEEF

INGREDIENTS

1.5KG BEEF JOINT
SALT AND PEPPER, TO TASTE
2 TBSP OIL, DIVIDED
1 TSP MUSTARD POWDER

METHOD

MAKE SURE TO MIX OIL, MUSTARD POWDER AND SALT AND PEPPER TOGETHER, THEN BRUSH THE JOINT WITH THE MIX.

SLOW COOK

1. PLACE IN THE SLOW COOKER AND COOK ON LOW FOR 5-6 HOURS OR ON HIGH FOR 3-4 HOURS.
2. REMOVE AND WRAP IN FOIL AND REST FOR 30 MINUTES BEFORE SERVING.

OVEN COOK

1. WRAP THE JOINT IN FOIL.
2. PUT IN THE OVEN AND ROAST.
3. FOR RARE BEEF, COOK FOR 1 HOUR.
4. FOR MEDIUM BEEF, COOK FOR 1 HOUR AND 10 MINUTES. FOR WELL DONE, COOK FOR 1 HOUR AND 30 MINUTES.
5. REST FOR 30 MINUTES BEFORE SERVING.



PORK POT ROAST

INGREDIENTS

4 CARROTS, THICKLY SLICED
1/2 SWEDE, DICED
1 ONION, QUARTERED
750G POTATOES, DICED
2 TSP PAPRIKA
2 TSP CRUSHED GARLIC
1 TSP CHILLI POWDER
1/2 TBSP SALT
1/2 TSP BLACK PEPPER
1.5KG PORK SHOULDER
2 TBSP OIL

METHOD

PUT ALL THE PREPPED VEGETABLES AND POTATOES IN THE BOTTOM OF THE SLOW COOKER.

MIX THE DRIED SPICES AND SALT AND PEPPER TOGETHER.

PAT DRY THE PORK SHOULDER WITH SOME KITCHEN PAPER AND RUB THE SPICES INTO THE MEAT.

HEAT THE OIL IN A LARGE FRYING PAN UNTIL HOT, THEN ADD THE PORK SHOULDER.

COOK FOR 3 MINUTES THEN TURN THE MEAT OVER AND COOK FOR ANOTHER 3 MINUTES.

TRANSFER THE PORK TO THE SLOW COOKER, ON TOP OF THE VEG.

COVER AND COOK ON HIGH FOR 4 HOURS OR LOW FOR 8 HOURS.

REMOVE THE VEG AND POTATOES FROM THE SLOW COOKER.

REMOVE THE PORK AND SERVE WITH THE ROASTED VEG AND POTATOES.



ROAST GAMMON

INGREDIENTS

1KG GAMMON JOINT
6 TBSP HONEY
4 TBSP MUSTARD
2 TBSP GARLIC

METHOD

IN A BOWL MIX YOUR HONEY, GARLIC AND MUSTARD UNTIL THE HONEY IS SLIGHTLY STICKY AND WELL MIXED INTO THE MUSTARD.

SMOTHER YOUR HAM IN YOUR MARINADE.

LOOSELY WRAP IN FOIL. PLACE THE HAM INTO YOUR AIR FRYER.

COOK FOR 25 MINUTES AT 200°C.

REMOVE THE FOIL AND COOK FOR A FURTHER 25 MINUTES AT 170°C.

TAKE OUT AND WRAP IN FOIL AND REST THE JOINT FOR 20 MINUTES.

GAMMON CAN ALSO BE COOKED IN THE SLOW COOKER. ON LOW FOR 8 HOURS OR ON HIGH FOR 6 HOURS.



ROAST CHICKEN

INGREDIENTS

CHICKEN
2 TBSP BUTTER
2 TBSP GARLIC POWDER
2 TSP PARSLEY
1 ONION

METHOD

MIX YOUR BUTTER WITH THE PARSLEY AND GARLIC AND RUB UNDER THE SKIN OF YOUR CHICKEN AND PUT THE REMAINDER IN THE CAVITY ALONG WITH THE ONION.

PLACE THE CHICKEN IN A ROASTING DISH AND WRAP TIGHTLY IN TIN FOIL. COOK FOR THE TIME PRINTED ON THE LABEL BUT REMOVE THE FOIL 30 MINUTES BEFORE THE END OF THE TIME SO YOU GET A NICE CRISP SKIN.





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