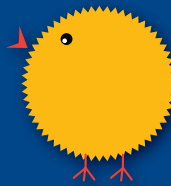




Garth McColgan Recipe



It's got to be Irish lamb for Easter

Serves
4-6

Prep Time
20 mins

Cook Time
1 hour 10 mins
Plus 15 minutes resting for the meat



Perfect with...

Specially Selected
Roast Potatoes in
Goose Fat



Rioja Reserva



Roast Leg of Lamb with Root Vegetables and Raspberry Compote

Ingredients

For Roasting

- 1 Irish Half Lamb Leg
- 2 Red Onions, quartered
- 2 White Onions, quartered
- 6 Medium Carrots, cut into fork-sized pieces
- 3 Parsnips
- 3 sprigs Rosemary

1 bulb Garlic, cut across the centre

- 2 tbsp Sunflower Oil
- 1/2 tsp Sea Salt
- Freshly Ground Black Pepper

For Raspberry Compote

- 100g Frozen Raspberries
- 1 tsp Lemon Juice
- 40g Caster Sugar

For Gravy

- 6 cloves Garlic, cut in half
- 2 sprigs Rosemary
- 1/4 tsp Freshly Ground Black Pepper
- 600ml Liquid Beef Stock
- 50ml Cream

Method - For Roasting

1. Make a bed of the vegetables in a roasting tray for the lamb. Season with sea salt and drizzle over the oil.
2. Pat the lamb joint dry with some kitchen paper. Season the lamb with sea salt and freshly ground black pepper and place on top of the bed of vegetables.
3. Put the roasting tray into a preheated oven at 220°C. Cook for 20-25 minutes then reduce the heat to 160°C and continue cooking for 40 minutes.
4. The lamb will be rare. If you prefer medium cooked lamb return to the oven for a further 10 minutes at 200°C.
5. When cooking has completed, rest the meat covered in tin foil in a 50°C oven for 15 minutes before carving.

For Raspberry Compote

1. Put all the ingredients together in a saucepan and boil for 10 minutes, taking care that it doesn't stick to the bottom of the pan.
2. Remove from the heat and leave to cool to room temperature.

For Gravy

1. Put the first 4 ingredients together in a sauce pan and boil to reduce to 100ml.
2. Remove the rosemary and add 50ml cream. Boil for 1 minute.
3. Add the juices from the rested lamb and mix again.

To serve

Serve the lamb with the roasted vegetables, gravy and 1-2 teaspoons of raspberry compote. Try this dish with goose fat roasted potatoes in a big bowl on the table. Easy.



Red Onions



White Onions



Irish Half Lamb Leg



Medium Carrots



Parsnips



Sprigs Rosemary



Sunflower Oil



Garlic



Lemons



Frozen Raspberries



Fresh Cream



Caster Sugar



Beef Stock Cubes

Sea Salt
Freshly Ground Black Pepper

Store cupboard items

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