

easter pot roast lamb

This is the perfect easy roast with no last minute gravy to make as the lamb is cooked in its own sauce. For maximum ease use mint sauce from a jar, but only use the best – the cheaper ones can be a little over vinegary.

✳ Not suitable for freezing

2 tablespoons oil
1.8kg (3lb) leg of lamb, on the bone

3 red onions, sliced
3 cloves garlic, crushed
300ml (½ pint) red wine
2 tablespoons Worcestershire sauce
150 ml (¼ pint) water
1 x 175g (7oz) tin of chopped tomatoes
2 tablespoons redcurrant jelly
2 good tablespoons mint sauce
salt and pepper
4 large sprigs fresh rosemary

Heat one tablespoon of the oil in large deep casserole dish on the boiling plate. Seal the lamb on all sides till golden brown. Remove from the pan and set aside.

Heat the rest of the oil and add the onions and garlic to the pan and fry on the boiling plate for a few minutes. Stir in the wine, Worcestershire sauce, water, chopped tomatoes, redcurrant jelly and mint sauce. Stir and bring to the boil, season with salt and pepper. Return the lamb to the pan and arrange the rosemary sprigs around. Bring to the boil, cover, and transfer to the simmering oven for about 3½ – 4 hours or until the lamb is just done but still pink in the middle, turn over halfway through.

Remove the lamb, cover with foil and set aside to rest. Allow the sauce to reduce on the boiling plate without the lid for about 5 minutes. If the lamb seems a little too sharp from the mint sauce then just stir in little more redcurrant jelly to sweeten.

Carve the lamb and serve with the sauce.

serves 6

conventional oven

Brown the lamb over a high heat. Continue as above, cover and transfer to a preheated oven 160C/140C Fan/Gas 3 for about 3–3½ hours until the lamb is done, but pink in the middle. Reduce the sauce, uncovered, over a high heat and serve with the carved lamb.



malay beef

I adore this recipe. A brilliantly simple marinade, 1 minute or so of stir-frying and voila! A dish that is guaranteed to become a firm favourite.

✿ Not suitable for freezing.

marinade

2 tablespoons tomato ketchup
2 tablespoons mango chutney
1 tablespoon soy sauce
4cm (2") fresh ginger, peeled and finely grated
a few drops Tabasco
1 tablespoon oil
salt and pepper

500g (1lb) sirloin beef joint

Mix together all the marinade ingredients in a bowl, season with salt and pepper.

Slice the beef into very thin long slices, about 1/2cm in thickness. Add the slices of beef to the marinade and toss to coat, leave to marinate in the fridge for a couple of hours.

Heat a non-stick frying pan on the boiling plate. Fry the beef for about 30 seconds on each side so it's just pink in the middle but golden brown on the outside.

Serve hot with noodles or warm Lemon Couscous Salad on p131.

serves 6

conventional oven

Fry over a high heat on the hob.

