



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Stuffed Breast of Lamb

Ingredients

1 breast of lamb approx 800g
Cider or water
1 tablespoon chopped parsley

Stuffing

1 onion peeled and finely chopped
2 cloves of garlic, peeled and crushed
Tablespoon of Calvados or brandy
1 teaspoon chopped thyme
1 teaspoon of chopped rosemary
2 tablespoons rapeseed oil
120g mince lamb
100g lamb liver coarsely chopped
2 lambs kidneys with fat/sinew removed and diced
50g fresh white breadcrumbs

Cold Pressed Rapeseed oil for cooking



Breast of Lamb is a great cut, which seems less popular these days. It is a cheap tasty cut which is versatile. A stuffed breast maximizes both the flavour and cost of the meat.

Method

For the stuffing, fry the onions, garlic and herbs in oil until soft (4-5 minutes), add the Calvados or brandy and flambé (allow the alcohol to burn off). Put in a bowl and add the rest of the ingredients, season with salt and pepper then put to one side.

Lay the breast of lamb skin side down. Spoon the stuffing on to the centre of the lamb. Then roll the joint up tightly and tie with cook's string every 4 centimeters. Coat a roasting tin with some oil. Put the lamb joint in the tray and into a preheated oven (220C/400F/Gas Mark 7) for 20 minutes, and then reduce the temperature to 180C/325F/Gas Mark 4, for another 1½ hours. If meat looks as if it's burning cover with foil to protect the meat. When cooked set aside for 10 minutes.

Deglaze the tin with the cider and use the liquid for jus to serve with the meat.

Serve with spinach, carrots, mashed potato, spring greens or whatever you like to go with a joint of meat. Also make a rich gravy using the juices in the roasting tin.

Other information

Serves 4-6
Preparation time – 45 minutes
Cooking time – 1½ hours