

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES MARCH 2017

We may have to wait until April for Easter to roll round but as demand in our shop shows a lot people's thoughts are already turning to the traditional spring treat of lamb.

English and Welsh lamb has (not for the first time) come under a lot of pressure from New Zealand imports recently but still continues to hold its own simply because, we believe, of its superior flavour.

Certainly West Country grass-fed lamb is one of the great British products with a wonderful cooking quality as well as being highly nutritious. As to the actual cooking time for a lamb roast there are still two schools of thought. Many of today's chefs favour serving it pink (and apparently only just warmed through) but we would go for the alternative method of long, slow cooking which really gives those flavours a chance to develop.

The great bonus of slow-cooked lamb is that the left-overs provide the perfect ingredients for Monday night's supper. Lamb hash is a great dish which became really popular in the war years when everyone was under the cosh of rationing and you didn't throw any food away unless you wanted to collect a hefty fine. It tastes as good now as it did then and deserves to be much more widely eaten,

SLOW ROAST LAMB

Ingredients for four to six. One whole shoulder of lamb, four sprigs of rosemary, three or four crushed garlic cloves, sea salt, freshly-ground black pepper, redcurrant jelly.

Method. Tear off a long sheet of baking foil and sit the lamb on one end. Season it well and place the rosemary and garlic under it. Wrap it in the foil to create at least three thicknesses, pierce the underside several times with a sharp knife, set on a rack over a roasting pan and place in an oven preheated to 165C gas mark 3 for three and a half hours. Increase the heat to 200C gas mark 6. Cut open the foil, spread a tablespoon of redcurrant jelly on the meat and return to the oven for a further 40 minutes. Allow to rest for 30 minutes before serving. Spoon off the fat during cooking and use it to roast potatoes and parsnips in a separate pan. Reserve any unused fat together with any spare gravy.

LAMB HASH

Ingredients. 50g reserved lamb fat, two large onions, halved and thinly sliced, two large carrots, grated, tablespoon flour, left-over lamb gravy (if available) dessertspoon Marmite, hot water, lean leftover lamb cut into chunks, freshly-ground black pepper.

Method. Heat the fat in a frying pan, add the onion and cook for seven or eight minutes to soften. Add the grated carrot and cook for another three to four minutes. Sprinkle on the flour, mix in well and gradually add enough water to make a thick sauce. Add the gravy, Marmite and lamb, season well with black pepper and simmer gently for 10 minutes. Serve with steamed Savoy cabbage.

LAMB TAGINE

A traditional North African tagine is the ideal pot for this stew but a conventional casserole will do just as well. Ingredients for four to six. 800g lean shoulder of lamb, cut into chunks, eight dried apricots soaked in water overnight, olive oil, one large Spanish onion, finely chopped, bunch baby carrots, cut into small chunks, teaspoon each ground cumin, coriander and cinnamon, half a teaspoon ground ginger, sea salt, freshly-ground black pepper, tablespoon ground almonds.

Method. Heat the oil and sweat the onion and carrots for a few minutes then add the meat, spices, salt and pepper and fry for eight to ten minutes, stirring frequently to avoid sticking. Add the ground almonds and enough water to cover and finally the drained apricots. Cover, transfer to an oven preheated to 190C gas mark 4 and cook an hour and a half.

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