

Slow Roast Lamb

INGREDIENTS:

Half a leg of lamb (about 1.1/4kg /2lb 12oz)

1kg onion (about 4 large ones)

Handful of thyme sprigs

300ml red wine

Large handful parsley



METHOD:

Firstly, prepare the lamb. Heat oven to 160C/fan140C/gas 3. Wipe the meat all over and season well. Heat 3 tbsp of olive oil in a large heavy flameproof casserole, add the meat and fry all over on a fairly high heat for about 8 mins, turning until it is evenly well browned. Remove to a plate.

Thinly slice the onions. Add to the pan and fry for about 10 mins, until softened and tinged with brown. Add a few of the thyme sprigs and cook for a further minute or so. Season with salt and pepper.

Sit the lamb on top of the onions, then add the wine. Cover tightly. Bake for 3 hrs. You can make to this stage up to 2 days in advance, then reheat for 45 mins.

To finish off, strip the leaves from 2 thyme sprigs and chop them with the parsley. Scatter over before serving.

This recipe was taken from the BBC Good Food Guide and was Tried and Tested for us by Lorna Wilson on Easter Saturday 2020. Lorna organised a virtual dinner party with her son and daughter-in-law as they couldn't get-together due to coronavirus, it proved to be great fun. See her special menu below.

