



by Caroline Watson
Yew Tree Farm, Coniston

Jon and Caroline are based at Yew tree Farm near Coniston, the 700acre Farm was once owned by Beatrix Potter and is said to be one of the most photographed in the UK due to its picturesque setting. Jon and Caroline farm Herdwick sheep and also run 'Heritage Meats' an online and wholesale meat business specialising in traditional breed and free range meats. Caroline is a passionate cook and campaigner for sustainable farming. The recipe is a celebration of delicious herdwick and is influenced by Caroline's love of heritage, 'lamb Henry' is classic Cumbrian food at its best.



Serves 4

Ingredients:

4 500g shoulder joints of lamb on the bone
1 clove of garlic
1 diced small diced onion
1 diced carrot
½ diced swede
¼ tablespoon balsamic vinegar
1 tablespoon dried or fresh mint
2 tablespoons of redcurrant jelly
½ pint red wine
black pepper
salt

Method

1. Mix ingredients together in a bag or tub, refrigerate for 24 hours (any marinating is acceptable if longer period is not possible).
2. Place lamb and marinade in oven dish, it needs to be a fairly tight fit.
3. Cover with a lid or tightly fitting tin foil.
4. Cook in oven at 130°C (250F or Gas Mark ½) for around 6-8 hours or until the lamb falls off the bone.
5. When cooked remove from roasting dish and keep warm.
6. Strain the stock and reduce by half, add more jelly and mint if required by taste.
7. Pour the reduced sauce over just prior to serving.