

Swedish Leg of Lamb



by Cecilia Campbell
Artisan Food Magazine

Cecilia is a Swedish born journalist living and working in Cumbria. She and husband Martin run www.artisan-food.com, which has been described as “The essential online hub for the Lakes’ food scene” by BBC Olive magazine. Cecilia has been hooked on good food ever since she grew her own vegetables in the village where she grew up, and was lucky enough to get one of the recently created allotments in Grasmere. She loves cooking with locally reared lamb, and this recipe is from her childhood, and one she used when she took part in There’s No Taste Like Home on ITV recently.



Serves 8-10

Ingredients:

2.5-3 kg leg of Herdwick lamb on the bone
4 big cloves of garlic, each sliced in three length-ways
Paprika powder (unsmoked)
2 tbs salt
3 tbs chopped pickled silver skin onions
100 g butter at room temperature
2 tomatoes, chopped
1 small bunch of parsley
8 anchovy fillets in oil, chopped
3 tbs brandy
200 ml dry white wine
400 ml lamb stock
2 tbs plain flour
100 ml single cream

Method

Switch the oven to 175° C

The meat

1. Cut most of the fat off the lamb (to allow the flavours to penetrate the meat). Put the fat in the bottom of an oven pan.
2. Make slits at regular intervals in the lamb, and insert the garlic pieces.
3. Rub the lamb with the paprika powder and salt.
4. Put the leg of lamb on top of the fat in the oven pan.
5. Mash the anchovy and parsley into the butter to make a paste.
6. Cover the leg of lamb with the butter paste.
7. On top of the paste, spread the silver skin onion and tomato
8. Put a bit of the lamb stock in the bottom of the pan.
9. Insert a meat thermometer.
10. Put in oven – after about 45 minutes, baste with the rest of the stock, wine and brandy.
11. Take the meat out when thermometer shows 65°C. For 2.7 kg it was 2 hrs.

The gravy

Leave the lamb to rest in some tin foil while you make the gravy.

1. Sieve the juices from the oven pan.
2. Spoon the fat from the top of the juices, this is to be used as a base for the gravy.



3. Make a gravy base by whisking the cooking fat and the flour in a non-stick pan.

4. Add the cooking juices while whisking.

5. Taste and season.

6. Add cream to taste.

Serve with new potatoes and steamed green beans.