

# Date and Cinnamon Stuffed Lamb



**Preparation time:** 20 mins

**Cooking time:** 1 hr 45 mins

**Serves:** 6

## how to cook

- 1 Heat the oven to Gas 7, 210°C, fan 190°C, 410°F.
- 2 Heat the oil in a small pan and fry the onion for 5 minutes until soft, then mash to a puree. Add the dates, rosemary, almonds, cinnamon and cumin to the pan and season.
- 3 Cut 6 large slashes in the fleshiest side of the lamb leg, through to the bone. Stuff the date mixture into the slashes. Season the lamb and place in a roasting tin with 250ml water.
- 4 Roast for 15 minutes, then reduce the heat to Gas 5, 190°C, fan 170°C, 375°F and cover loosely with foil. Roast for a further 1 hour 15 minutes for a medium-cooked lamb, or 1 hour 30 minutes for well- done.
- 5 Top up the water occasionally if it evaporates to prevent the juices from burning. Remove foil 30 minutes before end.
- 6 Remove the lamb from the tin, place on a plate, cover loosely with foil and leave to rest for 15 minutes while making the gravy.
- 7 Skim the fat and discard. Place the tin on the hob and add the flour. Stir for 1 minute then gradually pour in the stock.
- 8 Simmer until it has reduced, then strain the liquid into a gravy boat before serving.

## what you need

- 1 whole leg of John Penny lamb
- 1tbsp olive oil
- 1 small onion, finely chopped
- 50g dried dates, roughly chopped
- 1tbsp freshly chopped rosemary
- 25g ground almonds
- pinch ground cinnamon
- ½tsp ground cumin
- 250ml water
- 1tsp plain flour
- 600ml lamb stock
- salt
- black pepper

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