

Minted Lamb with Braised Leeks and Carrots



Cooking time: 10 mins plus cooking time calculated by weight

Serves: 6

how to cook

- 1 Heat the oven to Gas 5, 190°C, fan 170°C, 375°F and calculate cooking time - medium: 25 minutes per 500g plus 25 minutes; well done: 30 minutes per 500g, plus 30 minutes.
- 2 Using a sharp knife, make small deep slits all over the leg. Wrap a mint leaf around each piece of garlic and push into the slits in the lamb. Put the remaining mint to one side.
- 3 Place the shallots, leeks, carrots and stock in a roasting tin and place the lamb on top. Drizzle with oil and then roast in the preheated oven for the calculated time, checking after 1 hour. If the vegetables are well cooked, remove and set aside so they don't burn (warm again in the oven just before serving).
- 4 Remove the lamb from the oven and lift it onto a serving plate before covering tightly with a sheet of foil. Leave the joint to rest for 15-20 minutes before carving.
- 5 To make the gravy first pour away the excess fat from the roasting tin and then place tin with the remaining lamb juices over a medium heat on the hob. Sprinkle with the flour and then stir for a few seconds. Gradually add the wine and scrape up all of the caramelised juices from the base of the tin. Leave to simmer gently until it has reduced to a well-flavoured gravy.

what you need

- 2kg John Penny leg of lamb
- handful mint leaves
- 3 garlic cloves, thinly sliced
- 6 shallots
- 6 baby leeks
- 250g carrots
- 300ml vegetable stock
- 2tbsp olive oil
- 1tsp plain flour
- 300ml dry white wine or light red wine