

ROAST LAMB WITH ROSEMARY AND PAPRIKA

Serves 6. Total time from start of preparation to serving: 4 hours

Ingredients

2 Kg whole shoulder of lamb
3 tbsp rosemary leaves, finely chopped
2-3 tbsp olive oil
1 tsp ground paprika
salt and pepper
2 onions, sliced into rings
1 litre lamb stock
2 tbsp plain flour
gravy browning (optional)

Method

Preheat the oven to 200°C fan.

Put the lamb on a board. Mix together the rosemary, oil and paprika and season well with salt and pepper. Rub over the lamb on both sides.

Put the onions and stock into a small roasting tin. Put a rack on top and place the lamb on the rack. Roast in the oven for 30 minutes, then reduce the temperature to 140°C fan. Cover the lamb with aluminium foil and continue to roast for 3 hours (at least), basting from time to time until completely tender and the meat is falling off the bone.

Remove the foil and place the lamb on a plate to rest while you make the gravy.

From the roasting pan, skim off the fat into a bowl. Spoon two tablespoons of the fat into a saucepan. Sieve the roasting juices and softened onion into a measuring jug. Add boiling water to the jug to make up to 300 ml of liquid. Heat the fat in the saucepan until hot. Add the flour slowly to the saucepan and stir until smooth. Still over the heat, slowly add the roasting juices from the measuring jug, whisking all the time, and whisk until thickened and smooth. Add salt and pepper to taste, and add a little gravy browning if too pale. Serve with the lamb.