



Lamb Henry

Lamb Henry uses economical cuts such as shanks and shoulder cuts. It is simple to prepare and involves slow cooking a small joint with herbs, usually mint or rosemary, and honey or sugar. It makes a delicious meal with the meat falling off the bone and the concentrated juices make the sauce.

Preparation Time: 5 mins

Cooking Time: 1-2 hours

Serves: 2 to 4

Ingredients:

Shoulder joint (size depends on how many you want to feed)

2 tablespoons chopped mint (or rosemary)

2 tablespoons honey (or brown sugar), or enough to coat the joint thinly

2 tablespoons balsamic or wine vinegar (red or white)

Salt and pepper.

Instructions:

1. Coat the lamb joint with the honey.
2. Sprinkle all over with the herbs.
3. Season with salt and pepper.
4. Wrap loosely in foil.
5. Place in a roasting tin and add 250ml water and the vinegar.
6. Cook until the meat is very tender, removing the foil for the last 20 minutes. Add a little more water if needed to avoid drying out.
7. Remove the meat and keep warm and, if necessary, reduce the liquid to make the sauce.

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