

<http://www.wasdalefellmeats.co.uk/lamutt.htm>

## **LAMB HENRY - RECIPE**

Lamb Henry is an old fashioned, traditional dish made from roast mutton or lamb seasoned with rosemary and served with a sauce made from redcurrant jelly and fresh mint. It works particularly well with older cuts of meat such as our Herdwick mutton. (Please note that for heavier cuts of meat the cooking time should be lengthened accordingly.)

Crush together a couple of big spoonfuls of fresh rosemary with a clove of garlic and some salt, and spread it all over the mutton. Wrap it up in foil and cook for a couple of hours in an oven pre-heated to 375 F / 190 C / gas mark 5. Open the foil after 2 hours and baste the meat with its own juices, then cook for another half an hour or so to brown.

The redcurrant and mint sauce is made by melting about 3 tbsp redcurrant jelly in a small pot over a gentle heat and then adding 4 tbsp chopped fresh mint and 3 tbsp red wine vinegar with salt and pepper to taste.

Make gravy with the juices from the meat, adding white wine for extra zing. Serve the redcurrant/mint sauce separately.

Submitted by Suzanne Senter