

Garlic & Fennel Mustard-Crusted Leg of Lamb with Roast Pears

The wholegrain mustard not only creates a flavoursome crust when roasted but also helps to keep the lamb moist and succulent. Serve the lamb in thick slices with the sweet, golden baked pears and all your favourite accompaniments.

Preparation time: 15 minutes, plus marinating and resting

Cooking time: 1 hour 5 minutes

Serves 4

Ingredients

6 tbsp The Bay Tree Garlic & Fennel Mustard
(or make your own, recipe below)
2 tbsp finely chopped rosemary
2 tbsp olive oil
1.25kg / 2lb 12oz half leg of lamb, bone in
2 garlic cloves, cut into matchsticks
2 tbsp balsamic vinegar
4 pears, peeled and halved lengthways
Sea salt and freshly ground black pepper



Method

- Mix together the mustard, rosemary and half of the olive oil
- Make small, deep cuts into the lamb using a sharp knife or skewer. Insert the matchsticks of garlic into the cuts, pressing them into the lamb, then spread the mustard mixture over in a thick layer. Put the lamb in a roasting tin and leave to marinate, covered for one hour at room temperature. Season generously with salt and pepper.
- Preheat the oven to 220°C/425°F/Gas 7. Put a splash of water in the bottom of the roasting tin and roast the lamb for 20 minutes. Reduce the oven temperature to 180°C/350°F/Gas 4 and roast the lamb for a further 10 minutes, then remove from the oven.
- Just before you take the lamb out of the oven, mix together the remaining olive oil with the balsamic vinegar.
- Brush the mixture over the pears and put them around the joint of lamb. Roast for a further 30-35 minutes, occasionally basting the lamb with the juices in the tin, until the meat is cooked but still pink in the centre and the pears are tender.
- Cover the tin with foil and leave the lamb to rest for 15 minutes. You can use the juices in the pan to make a gravy. Carve the lamb and serve in thick slices with the pears.

Garlic & Fennel Mustard

The wholegrain mustard has just the right amount of crunch, along with a hint of garlic and fennel. It's great with the usual suspects but you can also add it to marinades, sauces and rubs.

Makes 3 x 200g/7oz jars

Preparation time: 20 minutes, plus one month maturing

Ingredients

125g / 4.5oz yellow mustard seeds

2 tbsp brown mustard seeds

2 tsp fennel seeds

1/4 tsp turmeric

2 tsp salt

1/4 tsp ground black pepper

300ml / 10.5 fl oz cider vinegar

125g / 4.5oz soft light brown sugar

1 large garlic clove, crushed

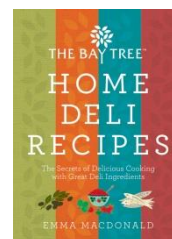
Method

Put both types of mustard seeds with the fennel seeds, turmeric, salt and pepper in a tall, narrow beaker or jug. Add half the vinegar and leave for five minutes to soften. Then blend the mixture using a stick blender. Blend well, making sure you break up most of the seeds and until the mixture starts to thicken.

Add the remaining vinegar, sugar and garlic and continue to blend until thickened. Check the seasoning and pack into sterilised jars with lids. Cover with a lid and store in a cool, dry place for up to six months. The flavour will mellow with time and will be ready to eat in about one month.

Recipe taken from Emma Macdonald's Home Deli Recipes

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The Bay Tree Garlic & Fennel Mustard

Weight 190g SRP £2.75

www.thebaytree.co.uk

