

Le Gigot Qui Pleure (Weeping Leg of Lamb)

The name of this delicious lamb recipe is inspired by the one-dish meal French village women bake in community ovens. The lamb is cooked on a rack, and as it slowly cooks, the juice drips 'tears' onto the vegetables below. It's a real favourite for Sunday lunch gatherings with my family.

Ingredients:

- 1 leg of lamb (6 to 7 pounds)
- 3 cloves of garlic
- salt and freshly ground black pepper
- rosemary
- mint
- 3 to 3- 1/2 pounds of potatoes, peeled
- 3 cloves of garlic, minced
- Butter

For the shrewsbury sauce:

- 2 level tablespoons plain flour
- 1 heaped teaspoon mustard powder
- 1 pint (570 ml) Beaujolais or other light red wine
- 5 rounded tablespoons good-quality redcurrant jelly, such as Tiptree
- 3 tablespoons Worcestershire sauce
- juice 1 lemon
- salt and freshly milled black pepper

Method:

Stab the lamb all over and insert whole garlic cloves, rolled mint leaves and sprigs of rosemary into the cavities.

Thinly slice the potatoes and then layer, seasoning with salt, pepper, minced garlic & butter between each layer.

Place the lamb on the middle shelf of the oven with no dish.

Place the potatoes on the bottom shelf of the oven to allow the lamb juices to drip onto the potatoes.

Cook on 180 C for 3-4 hours. When it is cooked as you like it, remove it to a carving board and keep it in a warm place to rest for 30 minutes.

To make the sauce, spoon off any surplus fat from the roasting tin, tipping it to one side and allowing the fat to separate from the juices; you need to leave about 2 tablespoons of fat behind.

Place the tin over a direct heat turned to low and stir in the flour and mustard powder until you have a smooth paste that has soaked up all the fat and juices. Next, add the wine, a little at a time, mixing with a wooden spoon after each addition. Halfway through, switch from the spoon to a whisk and continue to whisk until all the wine has been incorporated.

Now simply add the redcurrant jelly, Worcestershire sauce, lemon juice and seasoning, then whisk again until the jelly has dissolved. Now turn the heat to its lowest setting and let the sauce gently bubble and reduce for about 15 minutes, then pour it into a warm serving jug. Carve the lamb, garnish with the rosemary, pour a little of the sauce over and hand the rest round separately.

