

Apricot Stuffed Lamb



Serves 6

Ingredients:

1 (1.8kg/4lb) shoulder of lamb,
boned
Salt & freshly ground black pepper
25g/1oz oil
1 onion sliced
1 carrot sliced
1 bay leaf,
300 ml/.5 pint stock

Stuffing:

50g/2oz fresh white breadcrumbs
Pinch of dried thyme
25g/1oz walnuts chopped
1 small onion chopped
1 tablespoon oil
1 (213 g/7.5 oz) can apricots
1 egg beaten

Method:

Season the lamb generously with salt and pepper and set aside whilst preparing the stuffing. Place the breadcrumbs, thyme and walnuts in a bowl. Fry the onion in the oil in a small saucepan until soft but not brown, about 5 minutes, and then add to the breadcrumb mixture. Drain and coarsely chop the apricots and stir into the stuffing mixture. Season to taste and bind with sufficient beaten egg to make a moist stuffing. Spoon the stuffing along the shoulder joint and tie with string into a long neat shape. Heat the oil in a flameproof casserole and brown the meat on all sides. Add the sliced onion, carrot and bay leaf. Pour over the stock and bring to the boil. Cover and cook in a moderate oven (180C, 350F, Gas Mark 4) for 1.5 hours or until cooked. To serve remove the string from the lamb and place on a serving dish. Sieve the stock juices and pour over the lamb. Carve into thick slices and serve.

Your Notes



You've got **GREAT** taste!

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