

Slow cooked Welsh mutton with ale



This slow-cooked mutton with beer and herbs is tender and full of flavour. You can substitute the mutton with a leg of Welsh Lamb* and reduce the cooking time by 30 minutes. Serve with mounds of mashed potato and green vegetables.

Serves 6 | Prep 20 minutes | Cook 3 hours

Ingredients

1.8kg or half a leg of Welsh mutton
2 large onions
1 large leek washed
2 large carrots
3 sticks celery
1 bulb of garlic
500ml beer
500ml vegetable stock
Halen Môn Sea Salt^Δ and black pepper
handful each of fresh thyme and rosemary, chopped
2 bay leaves
2 tbsp flour, mixed to a paste with cold water

Method

- 01** Preheat the oven to 200°C/Gas 7.
- 02** Peel and roughly chop the onion, leek, carrot and celery and put in the bottom of a large casserole dish or roasting tin. Add all the herbs and lay the mutton on top, seasoned with salt and pepper.
- 03** Pour over the beer and stock and cook uncovered, in the oven for 30 minutes. Reduce the heat to 140°C/Gas 3 then cover loosely and leave to cook slowly for a further 3 hours. Remove the lid and baste the joint with the juices a few times during the cooking process.
- 04** Remove the meat and vegetables to a warm plate. Skim any fat from the liquid in the pan and place over a medium heat. Slowly whisk in the flour paste and bring to a boil, whisking until the gravy has thickened. Adjust the seasoning and serve with the sliced mutton and vegetables.

