

Slow cooked shoulder of Welsh lamb with rosemary, lemon and laver



Laverbread takes its name from the Welsh bara lawr – bread or food from laver. Many cooks experimented with laver in the nineteenth century, serving it with roast Welsh mutton in a sauce flavoured with orange juice. This is a contemporary version of that recipe.

Serves 6 | **Prep** 10 minutes | **Cook** 4-5 hours

Ingredients

1 boned and rolled shoulder of Welsh lamb*, approximately 1.6kg
4 tablespoons olive oil
4 garlic cloves, peeled
2 tablespoons fresh rosemary sprigs
handful fresh mint leaves
1 lemon, rind and juice
Halen Môn^Δ sea salt and black pepper
2 tablespoons laverbread^Δ
1 tablespoon honey

Method

- 01** Put the oil, garlic, herbs, lemon rind and juice in a small processor and blitz until combined. Mix in the laverbread and season with sea salt and pepper.
- 02** Make small deep incisions all over the lamb and push the mixture into the slits and smear all over the surface of the lamb. Put in a roasting tin, cover and leave in the fridge for 3 hours or overnight.
- 03** Preheat the oven to 190°C/Gas 5.
- 04** Remove the roasting tin from the fridge and leave the joint for half an hour until it reaches room temperature before putting it in the oven to roast for 30 minutes. Then turn down the oven temperature to 170°C/Gas 3 and cook for 3½ - 4 hours, basting occasionally with the juices.
- 05** Remove the joint from the roasting tin and place on a warm serving plate while you finish the jus.
- 06** Skim off any fat from the juices and bring to a simmer, whisk in the honey, season and serve with the lamb.

