

My Favorite Lamb Roast

I invite you to come gather around as we gently slaughter a lamb. Then give thanks and honor to God for the life and death of this beautiful creature. In our gratitude we acknowledge that as we partake in the circle of life, that this lamb now becomes a part of something much greater.

It is with every passing meal that we are reminded of the connection we have had with the nourishment that now lay upon our table.



Traditionally the Arabs cooked the meat for hours over hot coals in a hole in the ground that was sealed with clay to prevent smoke and vapors escaping.

My husband tells me that one day we will make a clay oven in the garden. I am hopeful that this will be the year for that.

If you do not happen to have a clay oven in your garden, your kitchen oven will do just fine.

One of the best ways I've experienced roasting meat is to add the lamb pieces and the remaining ingredients into a Dutch Oven lined with enough tin foil that you can create a dense tin foil packet in the pan.

However, any roaster with a lid or even a crockpot will do.

With lots of delicious flavor this savory dish is found in many varieties and if you do it right you will be hailed as an outstanding chef. If you fail it tastes fantastic anyway.

I'd advise you to make 2x's as much as you think people will eat.

They will devour all of it!

We use our SlakMarket Farm mixed cuts for roasting. You might not get a clean, precise cut of meat from the mixed cuts, but it will be delicious.

Our mixed cuts are bone in.

The meat is sweeter on the bone, and, with lots of cartilage to melt during roasting.

This means it is finger-sticking good. It makes the lamb so fragrant and tender, it falls away from the bone and melts in your mouth like cotton candy.

Time is the secret ingredient to any lamb roast and yellow mustard the essential one in mine.

1. You will need:

- 4-pounds of SlakMarket Farm lamb meat
- The potatoes of your choice, each cut in half (about 6 medium russet potatoes)
- 2 medium carrots, cut in 1-inch chunks (about 2 cups)
- 2 medium onions, cut in large chunks (about 3 cups)
- 6 garlic cloves, crushed and peeled
- 8 fresh bay leaves
- 2 teaspoons coarsely ground black pepper
- 2 teaspoons cumin,
- 2 teaspoons dried Italian herbs,
- 2 teaspoons coriander,
- 2 teaspoons coarse sea salt or kosher salt
- Yellow Mustard (any sandwich mustard)
- cup extra-virgin olive oil
- 1/2 cup of broth / stock (in a pinch I've put water, soy sauce and A1 mixed together)

2. Recommended Equipment:

- A large, heavy-duty roasting pan, 17 by 20 inches preferred
- A large bowl
- Aluminum foil if you want to create a pouch and seal it in.

Start by thawing the meat to about room temperature. Preheat the oven to 325 degrees

- Place the meat in a large bowl. Coat the pieces with the sandwich mustard, cumin, dried Italian herbs, coriander, salt and pepper.
- Mix in the bay leaves 1/2 the onions and 1/2 the garlic
- Remove coated meat mixture from the bowl and place into a foil lined pan, roaster, or crock pot.
- In the same bowl (no need to wash it) mix the potatoes, carrots, remaining garlic, and coat with olive oil. (Add salt and pepper to taste)
- Remove coated veggie mixture from the bowl and add it to the pan with the meat.
- Pour in the stock or broth
- Tightly cover roasting pan with aluminum foil and/or a lid-
- Bake in the oven until the meat is tender when pierced, about 2 - 2 1/2 hours.

In my house we serve this directly from the pan. If you prefer a formal approach.

Go for it. Lamb meat makes a wonderful presentation on any occasion.