



# Lukyns Traditional Lamb

One Half Prime Dorset Lamb

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## Lukyns Traditional Lamb Recipe Ideas

### Honeyed Leg of Lukyns Lamb

1 Leg of Lamb

500g mixed winter vegetables carrots, parsnips, turnip etc. etc. into chunks

500g potatoes, peeled and cut into large chunks

10 shallots

1 orange

A few sprigs of Rosemary

2 tablespoons of honey

4 tablespoons oil, 400ml white wine

Pare the rind from the orange, squeeze and reserve the juice

Brown the lamb in a large roasting tin. Remove and add the vegetables adding oil if necessary, saute until golden brown

Make incisions in the lamb and insert pieces of Rosemary and orange rind

Any remaining rind and Rosemary should be sprinkled over the vegetables. Place lamb on top of the vegetables. Mix together with the white wine, orange juice, home seasoning. Pour over the lamb and roast at 200C (400F) for approx. 25mins per 450g with an extra 30mins if you prefer your meat well done.

## Luky's Lamb Casserole

Boned leg or shoulder of lamb trimmed and cut into large chunks of about 900g

350g onion roughly chopped, 4 garlic cloves sliced or crushed

2 red peppers roughly chopped

800g potatoes peeled and cut into large chunks

2 teaspoons ground ginger

1 cinnamon stick

75g pearl barley

600ml beef stock

2 teaspoon Worcestershire sauce, Oil seasoning

Brown the meat in a casserole dish and then remove

Saute the onions and garlic until brown, add all the vegetables, ginger, cinnamon and pearl barley, fry for approx 3 minutes.

Stir in the stock, Worcestershire sauce and seasoning

Bring to the boil and replace the meat

Cover and cook in the oven at 170C (325F) for about 2 hours or until the lamb is tender.

Garnish with fresh thyme or marjoram

## Lukyns Lamb Kebabs

700g leg or shoulder of lamb cut into bite size pieces

Red or green pepper

Tomatoes

Small mushrooms

Bay leaves

Onion

2 large lemons

2 teaspoons oregano

2 garlic cloves

Olive oil

Place the meat in a bowl, season, add the bay leaves, crushed garlic and oregano

Quarter the onion and tomatoes, cut the pepper into chunks. Add these together with the mushrooms then pour over the juice of one lemon, approx 6 tablespoons olive oil making sure everything is well coated.

Leave to marinate overnight if possible or at least for several hours while turning occasionally

Thread alternate pieces of tomato, mushroom, lamb, pepper and onion onto steel skewers as tightly as possible. The perfect way to cook kebabs is on a Barbeque

However, they are almost as good cooked under the grill. Serve with lemon wedges

# Lukyns Traditional Lamb

## One Prime Half Dorset Lamb

Our Prime Dorset Lamb is renowned for its tenderness and quality

All our lambs are pedigree Poll Dorset and reared with their mothers at the foot of the Surrey Hills

They are carefully selected and butchered using traditional methods, that involves the meat being hung for several days in a temperature controlled larder to allow the full develop of flavour and tenderness

We use only a master butcher who will prepare and present various cuts of meat to the highest standards

This is then packed in an insulated hamper and delivered to your door by special courier next morning, or collected.

We rear a limited number of lambs each year and therefore, can only supply a limited number of hampers.

For more information on how to obtain a hamper, please call us direct on 01483 277605

*Sarah Dunsdon*