

## **Roast lamb with sun-dried tomatoes / Meat & Livestock Commission.**

### **Contributors**

Great Britain. Meat and Livestock Commission.

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**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

*The* **Recipe**  
FOR *Love*

ROAST LAMB  
*with* SUN-DRIED  
TOMATOES

*Collection*



BRITISH  
MEAT

*Welsh Lamb*

N° 4

## Roast Lamb with Sun-Dried Tomatoes

### *Cooking time:*

Medium - Allow 25 minutes per 450g (1lb) plus 25 minutes  
Well Done - Allow 30 minutes per 450g (1lb) plus 30 minutes

Temperature: Gas Mark 4-5, 180°C, 350°F

### *Ingredients (to serve 4):*

1.25kg (2½lb) Welsh lamb leg joint  
4 x 15ml sp (4tbsp) Passata or creamed tomatoes  
1 x 15ml sp (1tbsp) oil - reserved from jar of sun-dried tomatoes  
3 cloves garlic, crushed  
Salt and black pepper  
75g (3oz) sun-dried tomatoes, chopped into small pieces  
Fresh basil, for garnish

### *Method*

Weigh the joint and calculate the cooking time. Place joint on a rack in a roasting tin and open-roast in a preheated oven.

In a small bowl mix together Passata or creamed tomatoes, oil, garlic, seasoning, and sun-dried tomatoes. Spread this mixture over the lamb 20-30 minutes before the end of the cooking time.  
(If the tomato mixture starts to catch, cover with foil).

Return to the oven for the remainder of the cooking time.

Allow the joint to stand for 10 minutes before carving.

Serve garnished with fresh basil, a mixture of wild and white rice, and a selection of roasted vegetables.

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*For a simple alternative, mix 4 x 15ml (4tbsp) Passata and 1 x 15ml (1tbsp) dried basil with salt and black pepper in a small bowl.*

*Spread and coat the mixture over the lamb and cook as above.*

Meat and Livestock Commission, Milton Keynes MK6 1AX.



*Welsh Lamb*