

Recipe adapted from *Favourite Welsh Recipes* by A. de Breanski Jnr.



Honeyed Welsh Lamb

For the lamb:

4-6 lb. leg of lamb
4 T Rosemary infused honey
3 sprigs fresh rosemary
2 cloves garlic, minced
Salt and pepper to taste

For the gravy:

3 T rosemary infused honey
2 T cold white wine
1 T corn starch

Preheat the oven to 400F. Place the lamb in a roasting pan and brush with the honey. Mince one sprig of rosemary and sprinkle it over the lamb along with the minced garlic. Season with salt and pepper. Place the last two sprigs of rosemary over the lamb. Using tinfoil form a tent over the lamb and place it in the oven. Roast for 15 minutes and then reduce the heat to 350F.

Continue roasting for 1-1/2 to 2 hours, estimating about 20 minutes per pound. When there's approximately 20 minutes of roasting time left, remove the tinfoil from the lamb allowing the skin to brown and crisp. Depending on desired level of doneness, remove the lamb when it reaches about 10 degrees below desired read out on a meat thermometer as the cut will continue to cook as it rests. A temperature of 160F and pink juice indicates the lamb is medium rare.

Remove the lamb from the oven and transfer it from the roasting pan to a plate. Cover it with foil and keep it warm while it rests. Next place the roasting pan on the range. Mix 2 tablespoons of cold white wine with 1 tablespoon of cornstarch. Add the mix to the roasting pan along with 3 T of the honey. Stir together and heat over a low temperature until the liquid reduces by about two-thirds.

Serve the lamb with the gravy, roast potatoes and roast pears.