

Slow Cooked Lamb Breast with Dill and Lemon



Ingredients:

- 900g-1.3kg/2-3lb lean boneless lamb breast (unrolled)
- For the Marinade:
 - Salt and freshly milled black pepper
 - 60ml/4tbsp freshly chopped dill
 - Grated zest and juice of 2 lemons
 - 45ml/3tbsp rapeseed or olive oil
- For the Beetroot and Potato Salad:
 - 450g/1lb salad potatoes, e.g. Charlotte, quartered, cooked, drained and cooled
 - 1 x 250g pack plain beetroot, drained and diced
 - 60ml/4tbsp prepared lemon mayonnaise
 - 45ml/3tbsp freshly chopped chives

Method:

- 1. To prepare the marinade; mix all the ingredients together.
- 2. Place the lamb breast on a chopping board and make several slashes on each side with a sharp knife. Transfer to a shallow dish. Using rubber or disposable gloves rub the marinade over the lamb on both sides. Cover and marinate in the refrigerator overnight.
- 3. Preheat the oven to Gas mark 2, 150°C, 300°F. Remove the lamb from the marinade and transfer to a roasting rack in a foil-lined roasting tin. Cover with foil and roast slowly for 1 hour 40 minutes, or until the lamb is tender.
- 4. In a large bowl mix all the salad ingredients together, cover and set aside.
- 5. Finish off the lamb on a prepared barbecue or under a preheated moderate grill for 10 minutes, turning once. Slice the lamb into strips and serve with the salad.