



## Swedish Style Lamb Roast

- 3 lamb scotches (about 1 kg)
- Or leg lamb whole
- 2 onions – chopped roughly
- 3 carrots – sliced
- 1 cup beef or veal stock
- 1½ cups strong black coffee
- ½ cup cream
- Salt & pepper

*Preheat oven to 220°C. Rub salt and pepper into lamb scotches and put in roasting pan surrounded by onions and carrots. Roast for 20 minutes turning meat once. Reduce oven to 170°C and add stock, coffee and cream to pan. Continue roasting, basting frequently for about 1.5 hours. Check meat, when cooked remove and slice the thickness you require. Puree the sauce from pan with a blender and if too thick add a little more stock. To serve – arrange sliced lamb on a deep sided platter and pour some of sauce over – just to cover meat. Serve with mashed potatoes and a mix of steamed green vegetables garnished with chopped rosemary. **Serves 4.***