

Hay baked leg of lamb

- Leg of lamb
- 1 tbsp softened butter
- Chopped herbs – parsley, lemon thyme or rosemary
- Sea salt
- Freshly ground black pepper
- Clean meadow hay

Adds a smoky flavour to the lamb and the hay blanket keeps it tender and juicy.

Coat the leg liberally with butter and season with salt and black pepper. Lay a large piece of tin foil across the base of a roasting tin, put a good handful of hay onto the foil and rest the lamb on it. Sprinkle with chopped herbs and cover with a second handful of hay.

Wrap the whole tray and contents tightly in tin foil so that the hay doesn't catch fire and bake at 190C gas mark 5 for 3 hours.

Remove from the oven and leave to stand for 20 minutes. Remove the covering and scrape away the blackened hay and carve as normal.