

CANNON OF LAMB

Very tender and lean cannons are ideally suited to 'flash' roasting, grilling, or when cut into miniature steaks or medallions frying in a little butter, with a spot of olive oil, to help prevent the butter burning. It also marinades well in wine and/or olive oil with garlic and herbs.



The weight can vary from 300g to 600g and each cannon can feed two to three people.

Cooking instructions:

Preheat the oven to Gas mark 5, 200 C. Cook as for a roast, 20 mins to the 1lb / 500g.

Another idea is to seal in hot cooking oil or butter, lightly coated with a smooth pate with a little chopped onion and fresh mushrooms, wrap in pastry and bake as a lamb en croute.