

DELIA SMITH'S STUFFED BREAST OF LAMB

- 1 large breast of lamb

For the stuffing

2 oz breadcrumbs (50g)
1 medium onion, very finely chopped
1 tablespoon each of chopped parsley & chopped mint
quarter whole nutmeg, grated
1 teaspoon finely crushed rosemary
grated rind of half a lemon
1 small egg, beaten
salt and freshly milled black pepper

Preheat the oven to 180C/350F/Gas 4

Put the breadcrumbs, onion, parsley, mint, grated nutmeg, rosemary and lemon rind in a mixing bowl and season well with pepper and salt. Mix thoroughly, then stir in beaten egg to bind the mixture together.

Spread the stuffing evenly over the breast of lamb. Roll it up gently but not too tightly, tuck the flap end over, then tie securely with string in three places (again not too tightly). Wrap the meat in foil, set in a roasting tin and cook for one and a half hours. At the end of this time, unwrap the foil, baste with the juices and let it brown for a further 30 minutes.

Serve cut into thick slices with a thin gravy made with the pan juices and some redcurrant jelly.