



### Roast Meats 3

#### Roast Lamb

Take half a lamb shoulder or leg. Place on a grid over a dish containing 250 mls of water, and cook in the oven at mark 5 for an hour. Turn over and cook for a further hour while the potatoes are cooking. Transfer to a warm place on a plate to rest.

Treat as the pork recipe from this stage but use a Knor lamb stock cube instead of the pork stock cube.

Serve with mint sauce and vegetables of your choice Including garden peas

#### Roast Chicken

Use a medium chicken (About One and a half Kilos). Wash the inside well, and then stuff the NECK of the chicken with sage and onion stuffing(qv). after freeing the skin from the body of the chicken. Secure with skewers

Place on a grid over a dish containing 250 mls of water, and cook for an hour and a half with the breast side DOWN. at Mark5. Turn the chicken over, and cook for a further 30 minutes with the breast up. Remove to a plate and allow to cool. Remove the meat from the carcass and set aside, re=heating in the microwave when ready to serve 3 mins full power)

Place the water from the cooking in a tupperware container, . and transfer to the freezer when cool

Make the gravy using a pint of water, a Knorr chicken, and a Knorr vegetable cube + a Bovril cube. Bring to the boil, cool and add one level tablespoon of Juvela flour mix. Reheat while whisking on a low gas.

Serve with the stuffing and frozen peas and corn and sprouts if liked



This recipe has been brought to you by The Cream Of Tartar Company Limited

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