

STUFFED SHOULDER OF LAMB

For 4 persons

Preparation time: 1 hour

Cooking time: 1 hour 15 minutes



Ingredients :

- 1 small boned shoulder of lamb - about 1kg
- 50 g smoked streaky bacon
- 150g veal
- 1 egg
- Stale bread
- 25cl milk
- 5 sprigs of flat-leaved parsley
- 4 new carrots
- 4 new turnips
- 250g young fresh peas
- 250g fresh broad beans
- 300g baby potatoes
- 1 carrot, 1 onion, 1 sprig thyme
- 1 clove garlic

- Bone the shoulder and keep the bones. Chop the veal and the bacon in small pieces.
- Add the bread with the crusts removed and soaked in milk, the egg, chopped parsley, salt and pepper.
- Peel the carrots and turnips, blanch the beans and peas, wash the baby potatoes.
- Flatten out the shoulder, season with salt and pepper, shape the stuffing into a roll and place it on the widest part, roll and tie with string.
- Cook the carrots and turnips in a small amount of liquid "à l'étouffée", cook the potatoes in a stewing pan.
- Brown the shoulder on all sides, then place in the oven for 30 minutes at 175°C.
- Make a jus with the carrot, onion, sprig of thyme and garlic clove.
- Slice the meat, arrange the vegetables and pour over the jus.