

# — COOK —

## Family Roast

FOR SIX

West Country Lamb with Garlic & Rosemary, Pork & Apricot Stuffing, Roast Potatoes, Peas & Leeks, Roasted Carrots with Orange & Thyme, Braised Red Cabbage, Red Wine & Madeira Gravy

### You will need:

- 4 x medium baking trays
- 2 x medium saucepans
- vegetable oil, for getting extra crispy potatoes
- kitchen foil, for wrapping the cooked lamb to rest
- knob of butter (optional)



The cooking time for the whole bundle is 2½ hours

(not including the time it takes to heat the oven up)

Below are the timings to have lunch ready at 1pm.

10.20am

2 hours 40 mins  
before you plan  
to eat

- Put the oven on:
  - 170°C (fan)
  - 190°C (electric)
  - Gas 5.

10.30am

10 mins later

- Put your **frozen lamb** on a roasting tray then into the oven, middle shelf, uncovered.
- Pop your **frozen gravy** out of its tray and into a medium saucepan and leave on the hob to thaw. Do the same with your **Braised Red Cabbage** (and **Peas & Leeks** if you don't have a microwave).

<p>12pm 1 hour 30 mins later</p>	<ul style="list-style-type: none"> <li>• Drizzle some oil into a large roasting tin for your <b>potatoes</b> and pop it on the top shelf to heat for a few minutes.</li> <li>• Remove the lamb from the oven. It should be cooked medium-rare in the middle. You can check by slicing into the meat (remember, it will continue to cook while resting). If you're using a meat thermometer, the internal temperature should be 62-64°C. Return to the oven if it's too pink for your liking (increasing the cooking time of the lamb will obviously increase the overall cooking time).</li> <li>• When you're happy, remove the lamb and completely cover with foil – it needs resting well before carving. The lamb may produce some thicker juices as it rests which is entirely normal when the bone has been removed.</li> <li>• Take out the heated roasting tray, carefully empty your <b>frozen roast potatoes</b> onto it so they're in a single layer and return to the top shelf of the oven.</li> </ul>
<p>12.10pm 10 mins later</p>	<ul style="list-style-type: none"> <li>• Remove the lid from the <b>stuffing</b> and place onto a baking tray into the middle shelf.</li> </ul>
<p>12.20pm 10 mins later</p>	<ul style="list-style-type: none"> <li>• Empty your <b>frozen carrots</b> onto another medium baking tray, spreading out as thinly as possible, and put in the oven on the bottom shelf.</li> </ul>
<p>12.30pm 10 mins later</p>	<ul style="list-style-type: none"> <li>• Toss the <b>potatoes and carrots</b> so they cook evenly.</li> </ul>
<p>12.40pm 10 mins later</p>	<ul style="list-style-type: none"> <li>• Start to cook your <b>gravy</b> on a medium heat. When the gravy starts to bubble, reduce to a low heat, and keep hot until ready to serve. If you like your gravy a bit thinner, you can add the resting juices from the <b>lamb</b> and / or a splash of water or wine.</li> </ul>
<p>12.45pm 5 mins later</p>	<ul style="list-style-type: none"> <li>• Start to cook your <b>Braised Red Cabbage</b> on a medium heat, stirring occasionally to prevent sticking. If necessary, add a splash of water: NB: You can also microwave as per the instructions on the packaging.</li> <li>• Pop the <b>Peas &amp; Leeks</b> into the microwave to cook, following the instructions on the back of the packaging. If you need to cook these on the hob, follow the same instructions as the <b>Braised Red Cabbage</b> above.</li> <li>• Preheat your plates.</li> </ul>
<p>1pm</p>	<ul style="list-style-type: none"> <li>• <b>Lunch is Served!</b> Check everything is piping hot and cooked to your liking. You can stir an extra <b>knob of butter</b> through the <b>carrots</b> to give them some extra shine.</li> </ul>

Your oven may have its own quirks, so these cooking times are a guide. Keep an eye on it and check everything's piping hot before serving.