

Roast Fore-Quarter Of Lamb

Ingredients

Lamb, a little salt.

Method

To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that it requires; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at a sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very *_thoroughly_* done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce, No. 469, and a fresh salad. A cut lemon, a small piece of fresh butter, and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.

Source: Mrs Beeton's Book of Household Management (1861)

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