

Fresh Canadian Lamb



Lamb roast with maple and whiskey

Serves four

Preparation time: 20 minutes

Cooking time: 1½ to 2 hours

Cost: \$\$\$

Ingredients

1	Lamb shoulder roast, de-boned	1
2	Garlic cloves, chopped	2
¼ cup	Whiskey	50 ml
½ cup	Maple syrup	125 ml
½ tsp	Ground cloves	2 ml
1 tsp	Fresh thyme	15 ml
	Salt and pepper (to taste)	
8	Dried apricots	8
3 tbsp	Olive oil	45 ml

Method

Preheat oven to 425 °F (215 °C). Rub the inside of the roast with garlic, 3 tbsp (45 ml) whiskey and 3 tbsp (45 ml) maple syrup. Add salt and pepper, and sprinkle with cloves and thyme. Spread the apricots along the inside of the roast, then close and tie it. In a pan, heat the olive oil to medium-high. Salt and pepper the outside of the roast, then brown the sides and ends. Transfer it to an oven-proof dish and baste with maple syrup and whiskey. Place in oven, basting it regularly with the broth, for 1½ hours, or until the internal temperature reaches 170 °F (75 °C). Let the finished roast sit for 5 minutes before slicing.

Serve with baby potatoes and roasted root vegetables.

You can also use slices of the leftover roast to make sandwiches.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per serving:

Calories: 638; Fat: 25.2 g; Protein: 57.3 g; Cholesterol: 180 mg;

Sodium: 197 mg; Carbohydrate: 35.3 g; Fibre: 1.8 g