

Stuffed Breast Of Lamb With Apricots

METRIC

100g. dried apricots, soaked overnight in cold water, drained and chopped roughly
1 onion, peeled and very finely chopped
15ml. finely chopped parsley
5ml. dried thyme
Grated rind of 1 lemon
150g. fresh white breadcrumbs
Salt and freshly ground black pepper
1 egg, beaten
2 boned breasts of lamb
25g. butter

IMPERIAL

4 oz. dried apricots, soaked overnight in cold water, drained and chopped roughly
1 onion, peeled and very finely chopped
1 tablespoon finely chopped parsley
1 teaspoon dried thyme
Grated rind of 1 lemon
5oz. fresh white breadcrumbs
Salt and freshly ground black pepper
1 egg, beaten
2 boned breasts of lamb
1oz. butter

Place the apricots, onion, parsley, thyme and lemon rind in a bowl, stir in the breadcrumbs and seasoning to taste. Add enough egg to bind the ingredients together.

Lay the breasts of lamb, skin sides down flat on a chopping board, season with salt and pepper and spread the stuffing evenly over each lamb breast. Roll up neatly and secure with string.

Place in a baking tin, brush with melted butter and roast in a fairly hot oven (190°C/375°F or Gas Mark 5) for 1-1½ hours.

To freeze: Cool quickly. wrap, seal and freeze.

To serve: Thaw, uncovered, at room temperature for 5 hours and reheat in a baking tin in a fairly hot oven (190°C/375°F or Gas Mark 5) for 1 ¼ hours. Remove string before serving.

Serves 6.

