

## **ROAST LEG OF LAMB WITH TURNIPS, GROUND ELDER AND ELDERBERRY FLOWER**

### **VINEGAR**

#### **Serves 6**

1 organic leg of lamb  
5 onions  
3 red onions  
5 shallots  
2 heads of garlic  
1/2 bunch of thyme  
Salt and pepper  
1 bottle of beer  
1 dl apple vinegar  
1/2 liter apple juice

Lightly brown the leg of lamb and rub it with a little vinegar, salt, pepper and thyme. Peel the onions and cut them in thick pieces. Place them in a roasting pan and turn them in a mixture of beer, apple vinegar, apple juice, thyme, salt and pepper. Place the leg of lamb on the onions and cover with aluminium foil. Heat the oven to 130°C. Put the roasting pan in the oven and roast the leg of lamb for 10 hours. Remove the meat and let it cool for 10 minutes before carving and serving it with the baked onions.

## **TURNIPS WITH GROUND ELDER (GOUTWEED, AEGOPIDIUM PODAGRARIA) AND ELDERBERRY FLOWER VINEGAR**

#### **Serves 6**

12 turnips  
Elderberry flower vinegar  
Rapeseed oil  
2-3 handfuls of ground elder  
1/2 bunch of parsley  
Salt and pepper  
Elderberry flowers if available  
2 tbs apple mustard (alternatively 1 tbs course mustard and 1 tsp Acacia honey)

Peel and dice the turnips into large cubes. Heat a pot of salted water to a boil. Add the turnips and let them boil for 1-2 minutes until tender. Remove the turnips, and season them, while they are still warm, with the vinegar, rapeseed oil, mustard, salt and pepper. Rinse the parsley and ground elder, dry both lightly in a dish towel, slice coarsely and add the turnips. Mix well and sprinkle with elderberry flowers. Serve the turnips with the leg of lamb.

## **LAMB SAUSAGE**

### **12-14 sausages**

1 kg lamb (rump, shoulder or neck)  
100 g lamb fat  
2-3 eggs  
2 cloves of garlic  
100 g boiled potatoes  
1/2 of fennel stalk  
5 g fennel seeds  
5 g coriander seeds  
3 dl milk  
Fresh ground pepper  
Lamb casings or meat gauze  
2 handfuls of savoury herbs (nettles, ground elder, flat leaf parsley)

Cut the lamb and fat into smaller pieces and grind it with a meat grinder. Prepare the garlic, boiled potatoes and fennel and run them through the grinder. Mix the ground ingredients with the milk and eggs. Chop and blanch the herbs and stir them into the ground meat with the other spices and pepper. Fry a small trial piece to ensure that the ground mixture is seasoned to taste. Then stuff the casings or roll the mixture into a meat net or gauze. Chill the sausages and let them settle 30-60 minutes to consolidate the sausage meat before it is fried or grilled.

## **OXHEART CABBAGE SALAD WITH SHEEP'S FETA AND CIDER VINEGAR**

### **Serves 6**

1 oxheart cabbage  
1 shallot  
100g sheep feta  
1 dl cider vinegar  
1 tbs mustard  
1 tbs apple syrup  
1/2 dl rapeseed oil  
1/2 dl white wine  
Salt and freshly ground pepper

Finely slice the cabbage and rinse it in cold water. Let it drip dry in a colander. Peel the shallot and finely cut it. Place the cabbage in a bowl and mix with white wine and vinegar. Put the cabbage aside so that it can absorb the taste of the solution (toss it a couple of times). Season the cabbage salad with mustard, rapeseed oil, apple syrup, feta, salt and pepper.

## **SALAD WITH BOILED LAMB, PRAWNS, RADISHES, SALICORNIA AND TOASTED BREAD**

### **Serves 6 (as a starter or a breakfast dish)**

500 g leg of lamb (in a single piece, e.g. loin, filet end, best end of neck)  
2 l water  
1 onion  
1 clove of garlic  
2 carrots  
5 bay leaves  
10 whole black peppercorns  
1 dl drained sheep yoghurt (or natural unsweetened yoghurt /crème fraîche)  
50 g peeled prawns  
6 radishes with their tops  
1/2 loaf of bread  
Salicornia  
Rapeseed oil  
Cider vinegar  
Salt and pepper  
Balsamic vinegar

Clean the lamb meat and rub it with seasonings salt. Simmer the meat from ½ to 12 hours, depending on how much time you have, and how much you want it to be flavoured by salicornia. Peel the onion and cut into quarters. Boil a pot of water containing the onion, garlic, bay leaf, peppercorns and salt. Lower the lamb into the water and boil it on low heat for 10 minutes. Remove the pot from the heat and let the meat soak up the moisture for 10 minutes until it is ready. Using a mixer beat the vegetables with the yoghurt into a smooth puré. Season with salt, pepper and a dash of cider vinegar. Slice the bread very thinly, brush it with rapeseed oil and sprinkle with salt. Toast the slices golden in a 175°C oven for about 4 or 5 minutes. Clean and rinse the radishes (saving the tops as a garnish), and slice thinly. Mix them with the prawns and salicornia, and marinate them with rapeseed oil, salt and fresh ground pepper. Cut the warm, simmered lamb into thin slices, spooning each with a dab of the puré, arrange the salad for serving and decorate with the finest radish leaves. Finally, add a few drops of balsamic vinegar, laying the toast on top.