

Roast Shoulder of Herdwick Mutton

with Seasonal Perthshire Vegetables



Mutton has long since had a reputation as the poor man's meat of choice but to those in the know it is a flavoursome meat which can be used in a variety of dishes. This meat from ovine more than two years old has an intense, rich taste and unique texture. The flavour mellows and sweetens during gentle cooking making it perfect for roasting, stewing and braising. The Herdwick sheep raised on Brig Farm are a hardy, hill breed producing just the right amount of fat to give highly renowned, tasty mutton. Slightly slower at maturing, this ancient breed is unsurpassed in flavour and is delicious at this time of year.

In the recipe below we've used rapeseed oil rather than olive oil. This locally produced oil has come from the August harvest of rapeseed at Fernyfold Farm who use cold pressing to ensure all of the health benefits remain intact; this Scottish oil contains half the saturated fat of olive oil, is as high in "good for you" unsaturated fats and has no trans-fats. It also contains Omega 3 and Vitamin E, both essential for good health and difficult to fit into vegetarian diets. It has a subtle, nutty flavour and is extremely versatile; it works well for dressings and stir-fries and makes tremendous roast potatoes! It's also one of the few single oils that can be heated to high temperatures and used for deep frying.

Fruit vinegars from Dalchonzie in Crieff are a wonderful Scottish alternative to the stringent flavour of traditional varieties. They are wonderful when used in marinades or salad dressings and mixed with rapeseed oil make a fantastic dip that's a healthy alternative to butter with bread.

This unusual mix of flavours is enriched by the raspberry vinegar – the gravy is exceptional! All ingredients are currently in season and production in Perthshire making food miles from farm to plate as low as they can go! Brig Farm Shop stocks all ingredients listed.

Roast Shoulder of Herdwick Mutton

with Seasonal Perthshire Vegetables

This unusual mix of flavours is enriched by the raspberry vinegar – the gravy is exceptional! All ingredients are currently in season and production in Perthshire making food miles from farm to plate as low as they can go! Brig Farm Shop stocks all ingredients listed.

Ingredients:

Serves 6

1 shoulder of Brig Herdwick Mutton, boned and rolled – approx 1kg / 2.2lbs
250mls of Dalchonzie Raspberry Vinegar
125mls of Fernyfold Farm Rapeseed Oil
1 large local carrot, washed and sliced
1 medium local onion, sliced
1 clove crushed Scottish Garlic
1 teaspoon local rosemary
1 teaspoon local thyme
1 small bay leaf
Salt and milled pepper
Corn Flour

Marinade:

Pour the vinegar, rapeseed oil, sliced vegetables, garlic herbs and seasoning into a non metallic roasting dish – metal will react with the vinegar. Place the mutton shoulder into the marinade and leave overnight. If you can, turn the meat occasionally to marinade evenly.

Method:

1. Preheat your oven to 170C / 325F / Gas Mark 3
2. Drain the shoulder from the liquid and place the meat on a trivet in a casserole dish. Pour over the marinade.
3. Roast for approx. 1 hour and 20mins – as a rule of thumb mutton should be cooked for 25mins per pound and then an additional 25mins. Baste every 20 mins with the marinade.
4. When cooked, remove the meat and allow it to rest. Meanwhile, pour the juices into a saucepan and allow to stand for a few minutes until the fat comes to the surface.
5. Skim off excess fat, reheat the juices and lightly thicken with cornflour, premixed with water. You may wish to add a little stock to bulk out your gravy.
6. Strain the gravy to separate from the veg – remember to remove the bay leaf.
7. Carve into slices and serve with your vegetables and gravy. Delicious!

Cold left-over mutton is delicious in sandwiches with a rich chutney such as Dalchonzie's Aubergine and Pepper chutney.