

We found a leg of Lamb at the local Supermarket for a little over £11 which seems like a dreadful extravagance. But with a bit of basic butchery I steaked the thigh section and cubed the shank and then portioned the meal into servings and popped them in the freezer. This is the 5th meal from the leg with one portion remaining. So between the 3 of us each meals worth of meal has cost the princely sum of £0.61. Not quite so extravagant!

Ingredients:-

Boneless lamb leg steak, trimmed
1 sprig Rosemary, leaves picked (Acquired from the hedge of the closed B&B down the road)
2 Garlic cloves, grated
2 tbsp Oil
Half a head of Broccoli, blanched and drained
A baking Potato each
Crated Cheese
Chives (Acquired from the Edible York planters near The Barbican)
A tin of chopped Tomatoes
2 small Onions, sliced
Mixed Herbs
Salt and freshly ground black Pepper

Method for the Lamb:-

(1) Put the lamb steak, rosemary, garlic and oil into a bowl and stir. Leave to marinate foMethod for the Lamb:-r at least 10 minutes.
(2) Heat a frying pan until very hot. Remove the lamb steak from the marinade and season with salt and pepper. Fry for 2 minutes on each side for medium-rare meat, or longer if you like it well

done. (3) Remove the lamb from the pan and leave to rest.
(4) Place the broccoli in the frying pan and cook, turning frequently, until chargrilled.

We made a basic Ragu with the Tomatoes, Onions and mixed herbs and roasted the spuds, melted grated Cheese over them and dressed with the Chives.