Posted on 10 March 2016

by Liz Robb

Baked Lamb Steaks with Root Vegetables



Ingredients

4 lamb steaks
A sprig of fresh rosemary
A few sprigs of fresh thyme
2 cloves of garlic
2 tablespoons of olive oil
Salt and freshly milled black pepper
3-4 potatoes
2 sweet potatoes
3 carrots
2 tablespoons of olive oil
For the gravy:
1 tablespoon of olive oil
1 small onion
A clove of garlic
A little fresh rosemary
500ml good lamb stock
4 tablespoons of redcurrant sauce or jelly
A knob of butter
For the buttered leeks:
4 large leeks
A large knob of butter
Black pepper

Servings
4
Person

Preparation

1. Take the lamb steaks out of the fridge about an hour before cooking. Remove the leaves from the rosemary and thyme and chop them finely, then peel the garlic. Place the lamb in a large bowl, drizzle on a little of the olive oil, scatter on the chopped herbs and crushed garlic and mix to coat the lamb. Season well with salt and black pepper and set aside until ready to cook.

2. Preheat the oven to 180 degrees, 160 degrees fan oven.

3. To prepare the vegetables, peel the potatoes and the sweet potatoes, cut in half lengthways and slice fairly thinly. Peel the carrots and slice quite thinly too. Place them all into a large pan of boiling lightly salted water and cook for just 2-3 minutes
4. you don't want the potatoes to fall apart! Then drain and leave to steam dry for a minute or two.
5. Heat the remaining olive oil in a large roasting pan in the oven, then toss the vegetables in it and bake for about 15 minutes.
6. After 10 minutes, pan fry the lamb steaks for just 2 minutes on each side in a hot dry frying pan so that they are nicely browned on both sides. Keep the pan to make the gravy in.
7. Increase the oven temperature to 200 degrees, 180 degrees fan oven, place the lamb on top of the vegetables and bake for about 20 minutes more, depending on the thickness of the steaks and how pink you like your lamb to be.
8. For the gravy:
9. Peel the onion and chop it very finely. Remove the leaves from the rosemary and chop them finely, then peel the garlic.
10. Heat the olive oil in the pan used to cook the meat then gently sauté the onion and garlic for 4-5 minutes, stirring to incorporate all the juices and crusty bits left in the pan by the meat. Add the rosemary and gradually stir in the hot lamb stock. Stir in the redcurrant sauce or jelly. Increase the heat a little and cook for about 20 minutes, stirring occasionally, until reduced to the desired consistency.
11. Stir in a knob of butter just before serving and strain into a gravy jug.
12. For the buttered leeks:
13. Top and tail the leeks, discard the tough outer layers, wash thoroughly and chop into pieces. Melt a large knob of butter in a saucepan, stir in the leeks and sweat very gently for about 15 minutes, or until the leeks are really soft and buttery.
14. Add a good grinding of black pepper before serving.

Cooks Note

Easter is traditionally a time for eating lamb, so why not enjoy this simple but tasty meal, mostly oven baked in one dish, with your family this Easter weekend?

Succulent lamb steaks and roasted seasonal root vegetables, with the classic accompaniments of fresh rosemary and garlic, a lovely sticky lamb and redcurrant gravy and fresh buttered leeks on the side; easy and delicious!

Serves 4.