

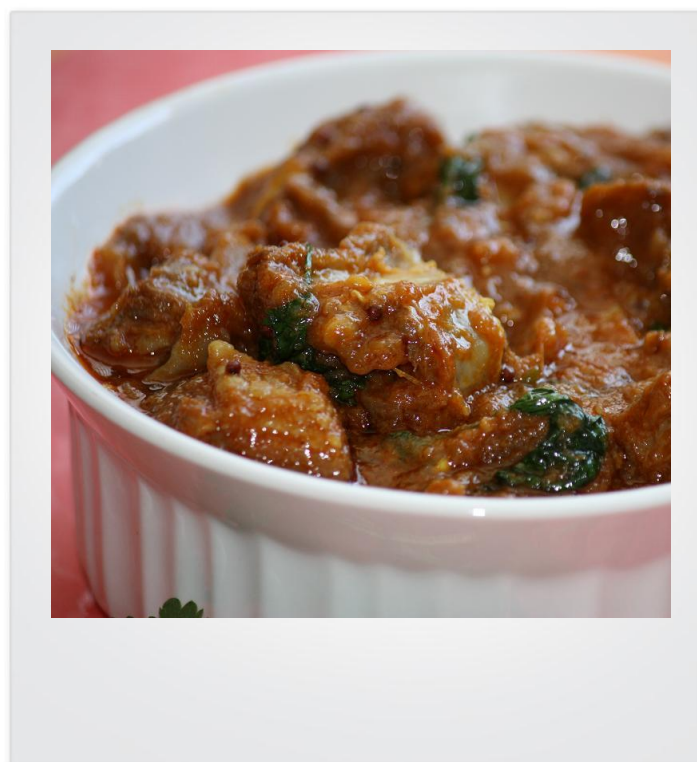
Spiced Hawaiian Lamb

A family favourite at Hoopers Farm, which can be prepared in advance and re-heated on the day. Great for entertaining as well as quiet family suppers. Polly found this in a recipe book from the '80s, but it still tastes great today.

Serves: 6
Prep Time: 10 mins
Cooking Time: 1 hour
Cuts to use: Leg of lamb
Serve with: Mashed or baked potato

Ingredients

- 2 onions
- 3 tbsp olive oil
- 1 ½ lb cubed leg of lamb
- Pinch ground cinnamon
- Pinch ground cloves
- 2 tbsp plain flour
- ½ pint orange/ pineapple juice
- ½ pint chicken stock
- 3 limes/2 lemons



Method

1. Chop the onions and fry in the oil for 3 minutes. Add the cubed lamb and gently brown.
2. Stir in the cinnamon, cloves and flour and cook for 1 minute. Gradually add the juice and chicken stock. Squeeze in the lemon/lime (saving ½ a lemon or lime for the garnish)
3. Bring up to a simmer, then cook in the oven for about 60 minutes (180°C/gas 4), garnish with the lemon/lime and perhaps a sprig of rosemary and serve.