Lamb Roast with Mint Jelly

Makes: 6 servings

Ingredients

- lamb leg, loin, or rib cuts (or mutton)
- apple jelly
- mint or mint extract

Directions

Lamb

1. Preheat oven to 450°F.
2. Place the meat in the roasting pan on a rack or use a roaster which is supported upon a rim which holds it up from contact with the bottom of the oven. Brown the surface well in a hot oven. This will probably require about 15 minutes.
3. Then reduce the heat (350°F) and continue the roasting, allowing 15 minutes to each pound of meat or a little longer if the cut is thick.
4. In case gas is the fuel used and the roast is a small one the preliminary browning can be done more economically in a frying pan over one of the top burners.
5. Baste the roast every 15 minutes unless a covered roaster is used.

Mint Jelly

1. Make (or purchase) apple jelly and when ready to pour, flavor it with mint or mint extract. Mint jelly may also be made by flavoring gelatin with mint.

Note: If the meat rests upon a rack a small quantity of water may be kept in the bottom of the pan to prevent the drippings from becoming too brown. The water should not come in contact with the roast.

Recipe from: *Lamb and Mutton and Their Use in the Diet*, 1923, adapted by the USDA Food and Nutrition Administration.

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