



SLOWLY DOES IT

We asked our favourite gastro-pubs to share their deliciously easy Sunday roast recipes for you to try at home

PHOTOGRAPHS *Tara Fisher*



*Slow-cooked
shoulder of lamb
with beans and
tapenade*

Great gastro-pubs

Where to find our favourites



The Blue Lion East Witton, near Leyburn, North Yorkshire (01969 624273; thebluelion.co.uk)



The Hardwick Abergavenny, Monmouthshire, Wales (01873 854220; thehardwick.co.uk)



The Wellington Arms Baughurst, Hampshire (01189 820110; thewellingtonarms.com)



The Swan Southrup, Gloucestershire (01367 850205; theswanatsouthrup.co.uk)

Sunday roast wines

The perfect red for a Sunday roast of red meat is Taste the Difference Crozes Hermitage, £8.69. It's a bold but smooth red with flavours of black fruits and spice. For roast chicken, a great match is an oaked Chardonnay to pick up on the buttery flavour of the bird. Try Robert Mondavi Woodbridge Chardonnay, £8.16, packed with bright tropical fruit flavours and balanced with creamy oak.

The Blue Lion's Slow-cooked shoulder of lamb with beans and tapenade

Serves 4

Prep 20 mins Total time 3 hrs 45 mins

Get ahead Make the tapenade ahead. Any left over keeps well for a few days

2 large red onions, roughly chopped
2 sticks celery, chopped
5 or 6 cloves garlic
a few bushy sprigs of rosemary
1 bone-in shoulder of lamb
vegetable oil
2 x 400g tins flageolet or cannellini beans, drained
2 tbsp plain flour
1 tbsp tomato purée
1 glass white wine
500ml chicken or vegetable stock

For the tapenade

200g pitted black olives
50g anchovy fillets, drained
20g capers, rinsed
1 clove garlic, peeled
2 sage leaves
½ tsp Dijon mustard
2-3 tbsp olive oil

- 1 Preheat the oven to 160°C, fan 140°C, gas 3. Put the onions, celery, garlic and rosemary in a roasting tin. Place the lamb on top and rub all over with vegetable oil and season with salt and freshly ground black pepper. Roast in the preheated oven for 3 hours. Baste the lamb a few times during roasting.
- 2 Lift the meat out of the tin and place on a board. Discard the rosemary. Tip the excess fat from the roasting tin, leaving the meat juices and vegetables behind. Stir in the beans, put the lamb back on top and return to the oven for 30 minutes.
- 3 After the 30 minutes, transfer the meat to a warm serving plate then, using a slotted spoon, scatter the beans and vegetables around it. Place the roasting tin on the hob over a medium heat and sprinkle in the flour. Stir continuously for a few minutes, turning down the heat if it starts to catch. Add the tomato purée and continue to stir for a minute or so. Pour in the white wine, followed by the stock and stir together over the heat until you

- have a gravy. Season to taste, adding a little water if it's too thick.
- 4 For the tapenade, whiz all the ingredients together, adding enough oil to make a dropping consistency. Serve the lamb with the gravy and tapenade.
- 756cals; 36g fat (12g sat fat); 34g carbs; 5g total sugars; 3.8g salt

The Hardwick's Roast pork Spanish-style with potatoes and chorizo

Serves 4

Prep 15 mins Total time 3 hrs

1 x 250g pack Mini chorizos for cooking, halved
900g new potatoes, halved
8 shallots, halved
1 bulb garlic, cloves separated and lightly crushed
2 bay leaves
2 sprigs of rosemary
750ml chicken stock
1.35kg (or 2 x 675g) boneless pork loin joint
100ml fino sherry
100g pitted black olives, drained and rinsed

- 1 Preheat the oven to 180°C, fan 160°C, gas 4. Cook the chorizo in a frying pan until lightly coloured and releasing its oil. Remove from the pan with a slotted spoon and set aside.
 - 2 Use the chorizo oil to colour the potatoes and the shallots in batches. Put the potatoes, chorizo, shallots, garlic and herbs in a roasting tin, pour over the stock and place a trivet or rack on top.
 - 3 Season the pork and place it on the trivet. Roast in the preheated oven, uncovered, for 2 hours. When ready, transfer to a plate and set aside to rest for 10 minutes before carving.
 - 4 Transfer the chorizo and vegetables to a serving plate and keep warm. Put the roasting tin on the hob over a low heat, pour in the sherry and stir well. Bring to a simmer to make a light gravy, add the olives and season to taste with salt and freshly ground black pepper. Serve the pork with the chorizo, vegetables and gravy.
- 886cals; 39g fat (14g sat fat); 43g carbs; 8g total sugars; 2.6g salt ▶

WINE RECOMMENDATION: KIMBERLEY DAVENPORT. FOOD STYLING: JOSS HERD. PROP STYLING: LISA HARRISON. EXTRA RECIPES: SARAH RANDELL



Roast pork Spanish-style with potatoes and chorizo

Simple sides

Little Gem, rocket and green bean salad (left)

Serves 4 **V**

Prep 5 mins **Total time** 10 mins

- 1 Bring a pan of salted water to the boil. Separate the leaves of 2 **Little Gem lettuces** and put them into a large bowl.
 - 2 Simmer 100g **green beans** for 3-4 minutes or until just tender; drain. Whisk together 3 tbsp **olive oil**, 2 tsp **red wine vinegar** and 1 tsp **Dijon mustard**.
 - 3 Add the warm green beans and ½ x 70g bag **wild rocket** to the Little Gem leaves with the dressing and some seasoning and toss together.
- 89cals; 9g fat (1g sat fat); 2g carbs; 1g total sugars; 0.1g salt



Parmesan polenta (right)

Serves 4 **V**

Prep 5 mins **Total time** 10 mins

- 1 Bring 800ml of water to the boil in a large pan, then gradually add 200g **Merchant Gourmet polenta** and cook over a low heat, stirring all the time, for 1 minute.
 - 2 Take the pan off the heat and stir in 3 tbsp freshly grated **parmesan**, 40g **butter** and some seasoning.
 - 3 Tip the polenta into a warm bowl, dot with a little more butter and grated parmesan. Finish with a grinding of freshly ground black pepper. Serve immediately.
- 345cals; 17g fat (10g sat fat); 37g carbs; 5g total sugars; 0.6g salt



Pot-roast chicken

The Wellington Arms' Pot-roast chicken

Serves 4

Prep 15 mins **Total time** 2 hrs 15 mins

- 1 lemon
- 1 x 1.5kg chicken
- 4 sprigs of rosemary
- olive oil
- 1 x 206g pack cubetti di pancetta
- 12 Anya potatoes (or new potatoes), scrubbed but not peeled
- 8 baby parsnips, scrubbed but not peeled
- 250g Chantenay or mini carrots, scrubbed but not peeled
- 1 x 400g bag shallots, peeled
- 10 cloves garlic, peeled
- 9 sprigs of thyme
- ½ bottle good-quality white wine
- ½ tbsp grainy mustard
- 40g flat-leaf parsley, chopped

- 1 Preheat the oven to 180°C, fan 160°C, gas 4. Make incisions in the lemon but don't cut it into pieces. Stuff the chicken cavity with the lemon and rosemary sprigs and rub the skin all over with olive oil.
- 2 Place a large casserole on the hob, add a small amount of olive oil and heat gently. Add the pancetta and

fry until crisp. Stir in the potatoes, parsnips, carrots, shallots, garlic and most of the thyme, coating them all in the oil. Pour in the white wine and bring to the boil. Turn off the heat, place the chicken on top of the vegetables and top with a few more thyme sprigs and cover with the lid. Place in the oven for 1 hour.

- 3 Remove the lid, return to the oven and cook for another 30-45 minutes until the chicken is cooked through and the skin browns and becomes crisp. The juices should run clear when the thickest part is pierced with a sharp knife.
 - 4 Transfer the chicken from the casserole to a carving board and cut into pieces – to divide the chicken, remove the legs first, then carve off the breasts. Arrange the vegetables on a large warm serving platter and top with the chicken pieces; keep warm. Reduce the cooking liquid in the casserole to make a light gravy. Stir in the mustard and chopped parsley and season to taste with salt and freshly ground black pepper, then spoon over the chicken and vegetables and serve.
- 746cals; 25g fat (8g sat fat); 48g carbs; 17g total sugars; 2.2g salt ▶



*Pot-roast beef
the Italian way*

The Swan's Pot-roast beef the Italian way

Serves 6 generously

Prep 15 mins **Total time** 4 hrs 45 mins,
plus marinating overnight

- 1 bottle red wine
- 2 x 1.5kg Taste the Difference British beef silverside slow-roasting joints
- 3 tbsp extra-virgin olive oil
- 1 large carrot, diced
- 1 stick celery, finely chopped
- 1 medium red onion, diced
- 2 cloves garlic, crushed
- 2 tbsp flat-leaf parsley, roughly chopped
- 1 tbsp sage leaves, finely chopped
- 1 x 140g tin tomato purée
- 1 bay leaf
- 1 x 400g tin Italian chopped tomatoes
- a pinch of sugar

- 1 Pour the wine into a large dish, add the beef then turn and cover. Leave to marinate overnight in the fridge.
- 2 The following day, preheat the oven to 160°C, fan 140°C, gas 3. Remove the beef from the wine (keep this to one side) and pat the beef dry with paper towels; season well. Heat 2 tablespoons of the oil in a large,

heavy casserole. When the oil is hot, add the beef and cook, turning it a few times, until it is nicely browned all over. Transfer the meat to a plate.

- 3 Reduce the heat to medium and add another tablespoon of oil, the carrot, celery and onion. Cook, stirring occasionally until the vegetables are golden brown, about 10-12 minutes. Add the garlic, parsley and sage, and stir until the herbs are lightly coloured and fragrant, about 1 minute.
- 4 Add 250ml of the marinade wine and stir quickly, scraping up the richly browned caramelised vegetables that stick to the bottom of the pan with a wooden spoon. When the wine is almost all evaporated and thickly coats the vegetables, add the tomato purée and cook, stirring, for 2 minutes. Return the beef to the pan and turn it over a few times to coat it in the sauce.
- 5 Raise the heat to high, adding the remaining wine, the bay leaf and the tinned tomatoes; bring to the boil. Cover the casserole tightly and cook in the preheated oven for 3½-4 hours until the meat is very tender and flakes away at the edges when pierced with a fork.
- 6 Remove the beef from the casserole and place it on a chopping board, covered loosely with kitchen foil.

Simple sides Spring greens with preserved lemon (left)

Serves 4 V

Prep 5 mins **Total time** 15 mins

- 1 Bring a large pan of salted water to the boil. Halve 1 **Belazu preserved lemon** (see page 103), discard the pips and finely chop the flesh.
 - 2 Trim 450g **greens** and cut out and discard the tough core. Thickly slice the leafy greens into decent-sized pieces.
 - 3 Boil the greens for 4-5 minutes until just tender; drain. Return the greens to the pan with a generous slosh of **extra-virgin olive oil**, the chopped lemon and some seasoning. Toss together over the heat for a further minute or so, then serve in a warm bowl.
- 82cals; 6g fat (1g sat fat); 5g carbs; 5g total sugars; 0.3g salt



Buttered carrots with spring herbs (right)

Serves 4 V

Prep 5 mins **Total time** 15 mins

- 1 Bring a large pan of salted water to the boil. Peel 450g **carrots** and cut into short lengths, on the diagonal.
 - 2 Simmer for 8-10 minutes until tender. Chop 2 tbsp **mint leaves** and 3 tbsp **flat-leaf parsley**.
 - 3 Drain the carrots, return to the pan and add the herbs, a knob of **butter** and some seasoning. Toss together over the heat until sizzling.
- 61cals; 3g fat (1g sat fat); 9g carbs; 1g total sugars; 0.1g salt

Add the sugar to the casserole. If the sauce seems too thin, bring it to a fast boil and then reduce it until it has a medium-thick consistency. Taste and adjust the seasoning, if necessary. Carve the beef into thick slices and place on warm serving plates. Spoon the sauce over the meat and serve.

- 855cals; 28g fat (9g sat fat); 9g carbs; 8g total sugars; 1g salt ♦