

Traditional Easter - Paschal - meal

According to Exodus 12: "The LORD said to Moses and Aaron in the land of Egypt: Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbour in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month....."

The Holy Bible: New Revised Standard Version, Catholic Edition. (1993).

Half a lamb should feed about 30 people. The Passover had to be all consumed in one night – that is why they needed to get together with their neighbours! But, these days, with the use of a freezer, we can spread the meal over several days or weeks.

Packaging

All our lamb will be packed in boxes containing half a lamb. If you order a whole lamb it will come in 2 boxes and your discount will be applied.

A half lamb box contains

1 leg joint, 1 shoulder joint, 6 loin chops, 3 chump chops, 1 breast, 1 best end (cutlets), 1 pack of stewing lamb.

An average box contains 8-9 kgs of lamb

Contact Information

Fill out the detachable form (overleaf) or send the same information, together with your payment, to *Catalin Constantin*, the Farm Manager:

- Email: cconstantin@worth.org.uk
- Mobile: 07747 606649
- Post:
Worth Abbey Farm Manager (Lamb)
Paddockhurst Rd
Turners Hill
Crawley
West Sussex
RH10 4SB



WORTH
ABBEY PROJECTS

Registered Company: 4523776

Worth Abbey Lamb

Spring 2017

**Order your Lamb in time for
a traditional Easter - Paschal - meal
with friends and family.**



Worth Abbey Roast Lamb Recipe

Serves 4 People



Ingredients

1 leg of lamb, c.2kg, 1 whole head of garlic, 1 tbsp. salt flakes, 2 sprigs rosemary, leaves only, chopped, 2 sprigs thyme, leaves only and olive oil.

For the mashed potatoes: 1kg potatoes, 100g butter, 25g grated parmesan cheese, salt and freshly ground black pepper.

Cooking Instructions

1. Preheat the oven to 160C/325F/Gas 3.
2. Separate and peel the garlic cloves, crush them with the salt in a pestle and mortar. Use enough salt to give the mixture some grit. Mash the garlic into the salt. Add the rosemary and thyme, then mix with enough olive oil to make a thick paste.
3. Rub the garlic mixture over the whole surface of the lamb and place into a deep sided roasting tin.
4. Add 250ml of water to the roasting tin. Baste the meat with the liquid then cover the lamb with foil. Place in the oven and roast for 3-3½ hours, until cooked to your liking.
5. When cooked, pour off any excess oil from the top of the liquid, leaving the cloudy, herby sediment in place. This is the gravy. Cover the pan with a lid and rest for 15 minutes.
6. Cut up the potatoes and cook in boiling, salted water. When soft enough to mash, drain in a colander then mash with the butter and grated parmesan. Season well with salt and pepper.
7. Carve the lamb into thick chunks and serve with the mashed potatoes. Pour over the pan juices.

How to Order

Fill out the form (right), detach it, and return to **Worth Abbey Farm Manager** at the address overleaf (not Flanagan). N.B. last orders are now on the **Friday before collection date**, not the Monday before.

Collecting Your Order in 2017

This year, all collections are from
Flanagan Butchers,
2 Station Rd,
Crawley Down,
West Sussex.
RH10 4HZ

Opening times for collection

Thursday: 14:15 - 17:30
Friday: 07.30 -13:15 14.15 - 17:30
*Good Friday (**April 14th**) 07.30 -13:00
Saturday: 07.30 -13:15 14.15 - 17:30

Last order dates

- *Order before* Friday March 17th
for collection on March 23rd, 24th or 25th
- *Order before* Friday April 7th
for collection on April 13th, 14th * or 15th

Reference Number

You will be issued a unique reference number that you will need to quote at Flanagans to collect your order.

Order Form - Your details:

Name

Address

Telephone

Mobile

E-mail

Collection Date Options Please Tick ✓

- March 23rd, 24th or 25th
order before Friday March 17th
- April 13th, 14th * or 15th
order before Friday April 7th

How many boxes:

One Half lamb box at £65 each

Two Half lamb boxes at £60 each

(same as one whole lamb at £120)

Payment methods (with order please):

- Cash** - to Farm Manager or
Bursars Office
- Cheque** - payable to
Worth Abbey Projects Ltd.
- Debit / Credit card** - phone:
01342 710209 to pay.