



No Stock Pot Roast

A twist on the comforting winter classic pot roast.



Remember to post photos of your pot roast on social media using the hashtag ***#LondonsChristmasMission***

Ingredients for No Stock Pot Roast:

- Meat of your choice cut into large rough sized chunks. I usually use lamb
- Potatoes, quartered
- Whole Shallots or a large onion thickly sliced or quartered
- Garlic cloves, 3-4 peeled
- Whole Chilli (optional)
- Fresh thyme, rosemary & mint
- Salt & Pepper
- A good glug of olive oil



Method

1. Place all the ingredients into a Dutch oven or casserole dish.
2. Use your hands to mix everything together and massage the meat.
3. Lift the meat so it is on the top of the potatoes & shallots.
4. Cover with lid then cook in middle of hot oven - Gas mark 6-7, 200-220°C - for one hour.
5. This will create the most amazing texture in the potatoes & the meat will be browned & tender.

Richard's Top Tip: You can vary this dish by adding different root vegetables.

