

Roast Leg of Lamb

Preparation time: 45 minutes

Cooking time: 2 hours

Servings: 6

Ingredients:

1 leg of lamb x 2½ kg
8 cloves of garlic
1 bunch fresh rosemary
1 tablespoon vegetable oil
2 carrots, cut into chunks
1 onion, cut into quarters
1 glass red wine
1 litre beef stock
½ cup mint sauce



Preparation:

The first job is to stud the lamb with garlic and rosemary.

Use a sharp pointed knife and make at least 20 small incisions all over the meat.

Peel four garlic cloves, thinly slice them and prod a slice into each incision.

Next, pull off small sprigs of rosemary and push into the incisions.

If cooked in advance, cover the lamb well and refrigerate. Remove from the fridge one hour before roasting.

Preheat oven to 190C.

Heat a large frying pan, add a little oil and brown the lamb all over.

Scatter the carrot, onion, remaining garlic and rosemary in a large roasting dish, pour in the wine and stock, then place the browned lamb in the dish.

Roast for approximately two hours.

Turn the lamb halfway through so by the time it's cooked, each side has been in the stock.

When cooked, remove the lamb and allow to rest in a warm place covered in foil for about 30 minutes.

Serving tips:

While the lamb is resting, make the gravy. Pour all the stock from the dish through a sieve into a saucepan to remove all the vegetables and herbs.

This stock should be rich, slightly thick and have a great lamb flavour.

Reduce it a little on the hob if you feel you want to concentrate the flavour, skimming off any fat that comes to the surface.

Serve the lamb with the gravy and some mint sauce.

Ideally, plated lamb ought to be served with freshly steamed vegetables, eg. carrots, peas, cauliflower and a side portion of roast potatoes.