

Roast Leg of Lamb



www.recipes.co.nz

Roast Leg of Lamb

INGREDIENTS - SERVES 8

- 1 whole Quality Mark lean leg of lamb, trimmed
- 6-8 cloves garlic, peeled and cut into slithers
- Fresh rosemary sprigs
- 2-3 Tbsp olive oil
- Salt and pepper

METHOD

Note weight of the lamb. Pierce with a sharp knife and add slivers of garlic and rosemary sprigs. Brush with oil, season with salt and pepper and place on an oven rack in a roasting dish.

Preheat oven to 170°C and roast the lamb for 15-20 minutes per 500g (fan-forced) or until cooked to your liking. Insert a skewer into the thickest part of the leg to the bone, and when the juices run clear the lamb is cooked.

Remove from oven, cover and rest for 25 minutes in a warm place before carving.

COOK'S TIP

To make gravy, drain all but 3 Tbsp juices from the roasting pan. Stir in 3 Tbsp flour, cook over a low heat for 2-3 minutes, stirring well to remove lumps. Add 2 cups warm beef stock or water, scraping the bottom of the pan to incorporate the sediment, which is full of flavour. Simmer until thick and season with salt and pepper to taste.



BEST IN THE WORLD

www.recipes.co.nz