

# Sprinkles & SPICE

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@sprinklesandspicect



## Oven Roast Leg of Lamb

### Ingredients

- A Leg of Lamb (3 - 3,5kg)
- 2 - 3 Tablespoons of barbecue spice
- 1 Tablespoons coarse black pepper
- 1/4 Cup olive oil
- 5 Cloves of garlic
- A few sprigs of rosemary
- Root vegetables of choice

### Ingredients

Rinse the lamb and trim it of all excess fat. Marinade the lamb with oil and Pepper Roast Spice Mix.

Make incisions into the leg with a sharp tip knife and insert the garlic and sprigs of rosemary. Transfer the leg to a roasting dish and add peeled root vegetables of your choice. (We used baby potatoes and carrots but any veg works well) Sprinkle spices over your vegetables and cover your roasting dish with a double layer of foil. Ensure the foil seals the dish completely, so no heat escapes (we want the lamb to steam in its own juices) Roast in a preheated oven on 180 deg for 3½ to 4 hours. In the last 20 minutes of your cook time, remove the foil and return the lamb to the oven to brown.

### For the Gravy

Remove the excess liquid from the roasting dish and transfer to a pan. On a stove top over a low heat, simmer the liquid, until it reduces and it comes to a slow boil. In a cup, mix 1 heaped teaspoon of corn flour to a ¼ cup of cold water and add it to the pan. Stir until it thickens and stir in 1 teaspoon butter.

And that's it! So simple, yet absolutely delicious.



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