

SLOW-ROASTED LAMB

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



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INGREDIENTS

- 4 kg lamb - shoulder or leg
- 8 cloves garlic, sliced
- 1 tbsp fresh rosemary
- 1 tbsp oregano
- 1 tsp paprika
- 1 tbsp lemon juice
- 2 tbsp Dijon mustard
- Freshly ground salt & pepper



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Method:

Preparing the lamb:

Note: For this recipe, you need to start the preparation of the lamb the day before so it can marinate overnight.

1. In a large container add the salt, pepper, oregano, paprika, and mix well so all ingredients are thoroughly combined. Take your lamb and season it with this mixture, ensuring an even coating all over the meat.
2. Cover the container with a lid or cling film, making sure it is sealed tightly so the lamb won't dry out. Refrigerate overnight.


Cooking the lamb:

1. Preheat the oven to 240°C. Take your lamb out of the fridge and put the meat onto your kitchen counter or a cutting board, making sure whichever surface you use is clean.
2. Using the tip of a sharp knife, make a series of small slits all over the meat and insert the garlic slices into them.



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3. Measure out a sheet of baking paper, long enough to wrap entirely around your lamb, covering the whole piece. Lay the paper flat, put your lamb into the middle and sprinkle with the rosemary and any leftover garlic.
 4. Now wrap the lamb thoroughly in the paper, ensuring the meat is 'sealed'. You can use some string to help seal the paper. Wrap the paper layer with a sheet of aluminium foil. Wrapping the lamb traps the air and the juices from the meat, ensuring it stays moist while cooking. Put the wrapped lamb into a large roasting tray and into the oven.
 5. After 15 minutes of cooking, reduce the oven temperature to 140°C and let the lamb cook low and slow for at least 5 hours.
 6. After 5 hours, take the lamb out of the oven, open the foil and paper carefully and check the meat. Pierce the thickest part of the joint with a fork. If the juices coming from the meat are a red colour, the lamb will be cooked medium-rare. Slightly pink juices mean the meat will be medium and clear juices will mean the meat is well done. Slow-roasted lamb should be soft and falling away from the bone due to its long cooking time.

Another way to check if the meat is cooked to your liking is by using a meat thermometer. Push the probe into the meat as close as possible to the centre of the joint, avoiding any bones. In around 20 seconds you will have a temperature reading. Medium cooked meat will register at 60°C and well done will register at 70°C and above.



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7. When your meat is cooked to your liking, carefully open the wrapping so that you don't lose any of the juices and transfer the meat directly into the roasting tray. Increase the oven temperature to 220 °C and put the lamb back into the oven for the skin to go crispy and turn a golden brown colour.

Making the gravy:

1. Transfer the juices from the baking paper to a blender, along with the garlic slices. Add the lemon juice, mustard, some more oregano and blend well.

To serve:

1. When the skin on the meat is crispy and golden brown, remove from the oven.
2. Rest the lamb for 20 minutes. Do not skip this step!
3. When the meat is rested, transfer to a large dish or platter. Carve and serve with roast potatoes or basmati rice, and the beautiful gravy poured over.

Bon appétit!



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