



FOLLYFARM

SLOW ROASTED LEG OF LAMB

For a special weekend lunch, go all out with a slow cooked leg of lamb for a traditional Sunday roast lunch centrepiece, roasted slowly so the meat simply falls from the bone and on to your plates. Served with lots of vegetables and crispy potatoes.

INGREDIENTS

- Bunch of fresh rosemary
- Whole bulb of garlic
- 2kg leg of lamb
- 1kg potatoes, peeled and sliced into quarters
- 120ml dry white wine
- 50ml olive oil + 2 tablespoons for the potatoes
- 3 lemons cut into quarters
- 2 White onions quartered
- Salt & Pepper

INSTRUCTIONS

Pre-heat the oven 200c

Scatter the garlic cloves (reserving 4 cloves) into a roasting pan together with the quartered onions and lemons, add the wine and then place the leg of lamb on top, rubbing the olive oil into the skin.

Once the oil has been massaged into the lamb, with a sharp small knife cut small slits into the skin.

Slice the 4 garlic cloves thinly and remove the rosemary needles from their spring carefully inserting both into the slits. Season with salt and pepper

Cover the roasting tin and leg of lamb tightly with tin foil and place into the hot oven for 5 minutes before reducing the temperature to 150c and cook for 1 hour

Now add the potatoes to the roasting pan with the lamb coating them in the juices and the two tablespoons of olive oil

Re-cover the lamb and continue to cook for 2.5 hours. Remove the foil and baste the lamb and continue to cook uncovered for another 30 minutes

Remove the lamb from the pan and allow to rest for 20-30 minutes with the foil cover

Turn up the heat in the oven to 200c add some more wine if the pan is drying and crisp up the potatoes in the hot oven. Cook for 20-30 minutes when you should have a rich and sticky sauce/gravy to spoon over your lamb. Remove and discard the lemons, their citrus flavours will have melded into the gravy

The leg of lamb is rested you can now carve and serve the tender meat on to plates spooning over the potatoes and sticky onion gravy and serve with fresh seasonal vegetables.

Simply enjoy

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