



## 'Summer'-fied leg of lamb with rosemary, garlic and lemon.

You can prepare and marinade lamb the day before, then cover and chill until ready to cook.

Preparation time: 10 minutes, plus 24 hours marinating

Cooking time: 45 minutes to 1 hour

### Ingredients:

1 leg of lamb, approx 2.25kg (5lb) weight, butterfly-boned. The leg will be a wide, flat shape, and is cut in such a way that all the meat will cook evenly.

### For the marinade:

2 tbsp chopped fresh rosemary

2 tbsp chopped fresh thyme

Zest of 2 lemons

6 garlic cloves, crushed

130ml (4½fl oz) olive oil

3 fresh bay leaves



## Instructions:

### 1. Preparing the marinade.

Combine marinade ingredients, but don't add any salt at this stage, as it will draw out the juices of the meat and will toughen it. Make slashes about 2.5cm (1in) deep through the fleshy side of the lamb, taking care not to cut right through the skin. Put the lamb skin-side down in a non-metallic dish, pour over the marinade and rub in well. Do this the day before to allow the flavours to penetrate the meat. Cover and chill.

### 2. Cooking the Butterflied Leg

The flat boned leg can be roasted on a rack at a moderate or high temperature, or barbecued or grilled. Depending on the weather, you can combine cooking methods for best results.

Preheat oven to 200 C, 180 C fan oven, 400 F, gas 6 and light the BBQ.

Place lamb, cut side up, on a rack, in a roasting tin and season both sides well.

For ease of handling on the barbecue later, run two or three large metal skewers horizontally through the leg before cooking.

Cook in the oven for 15 minutes. Turn lamb skin side uppermost and cook for approximately 15 more minutes. Now transfer the lamb to the barbecue and continue to cook over steady, low heat, turning it every 5 minutes or so, basting with the juices from the tin. A small leg may need 10 minutes, a larger, thicker leg, up to 15 minutes, all depending upon how pink you like your lamb. Do not overcook, and remember to allow plenty of resting time before carving.