

# Slow roast leg of lamb with herb rub

Cuisine: **English**  
Food category: **Game**



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## Program steps

Preheating: 160 °C

1

 Combination

 70 %

 Termination by time

 03:00 hh:mm

 160 °C

 50 %



| Ingredients - number of portions - 8 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| garlic                               | 1     | pcs  |
| salt                                 | 15    | g    |
| rosemary sprig                       | 2     | pcs  |
| a sprig of thyme                     | 2     | pcs  |
| olive oil                            | 50    | ml   |
| leg of lamb                          | 2     | kg   |

| Nutrition and allergens                                                                                  |          |
|----------------------------------------------------------------------------------------------------------|----------|
| Allergens:<br>Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, C, D, E, K |          |
| Nutritional value of one portion                                                                         | Value    |
| Energy                                                                                                   | 397.5 kJ |
| Carbohydrate                                                                                             | 0 g      |
| Fat                                                                                                      | 22.5 g   |
| Protein                                                                                                  | 47.5 g   |
| Water                                                                                                    | 0 g      |

Directions

Preheat the oven to 160°C. Separate and peel the garlic cloves, and crush them with the salt in a pestle and mortar. You need enough salt to give the mixture some grit. Mash the garlic into the salt. Add the rosemary and thyme, then mix with enough olive oil to make a thick paste. Rub the garlic mixture over the whole surface of the lamb. Place the lamb into a GN container.

Add 250ml of water to the roasting tin. Baste the meat with the liquid, then cover the lamb with foil. Roast for 3 hours, until cooked to your liking.

When cooked, pour off any excess oil from the top of the liquid, leaving the cloudy, herby sediment in place. This is the gravy.

## Recommended accessories



Enameled GN container