

Roast leg of Welsh Lamb with rosemary and garlic



This is a stand out centre piece for a family meal or special occasion. Serve with fresh mint sauce, roast potatoes and buttered steamed greens.

Serves 4-6 | **Prep** 10 minutes | **Cook** 1 hour 45 minutes




Ingredients

2kg leg of PGI Welsh Lamb*
1 tbsp rapeseed oil
1 tsp Anglesey Sea Salt / Halen Môn (PDO)^Δ
Cracked black pepper
2 garlic bulbs
1 small bunch rosemary

Method

- 01** Remove the lamb from the fridge an hour before cooking to reach room temperature. Preheat the oven to 200°C / 180°C fan / Gas 6.
- 02** Using a sharp, pointed knife, make random incisions into the lamb leg surface.
- 03** Rub the lamb with oil and season with salt and cracked black pepper.
- 04** Break one of the garlic bulbs into cloves. Peel and slice 4 or 5 cloves. Cut the other bulb in half.
- 05** Pull off small sprigs of rosemary from the bunch and push into the incisions on the lamb. Push a slither of garlic into each incision with the rosemary.
- 06** Place the lamb in a roasting tin, add the garlic bulb halves and roast for 1 hour 15 minutes for pink or 1 hour 30 minutes for more well done.
- 07** Remove the lamb from the baking tray, cover with foil and rest for 15 minutes before slicing. Serve with fresh mint sauce, roast potatoes and buttered steamed greens.

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