

# CRUNCH TIME

## Roast Lamb



**Serve Information:**  
1 serving tray with Roast Lamb and potatoes, 1 Gravy Jug

### INGREDIENTS:

1.8kg Leg of lamb  
5 Garlic cloves  
Half bunch fresh rosemary leaves  
Half bunch fresh rosemary sprigs  
1 Lemon  
100ml Olive oil  
Salt  
Pepper  
4 Potatoes, peeled, cut in half, tossed in rosemary sprigs, salt, pepper and oil  
1 "Prepared earlier" roast lamb and potatoes  
1 Tbsp plain flour  
250ml Beef stock  
"prepared earlier" gravy

### EQUIPMENT:

2 Sharp knives  
2 Chopping boards  
Garlic crusher  
Citrus juicer  
Small mixing bowl  
Several spoons  
Basting brush  
2 Roasting racks (one for "prepared earlier" roast lamb and potatoes)  
2 Roasting dishes (one for "prepared earlier" roast lamb and potatoes)  
Medium mixing bowl  
2 tongs  
Oven mitts  
Heat proof stand  
Serving tray  
Foil  
Baking tray  
Spatula  
Gravy jug

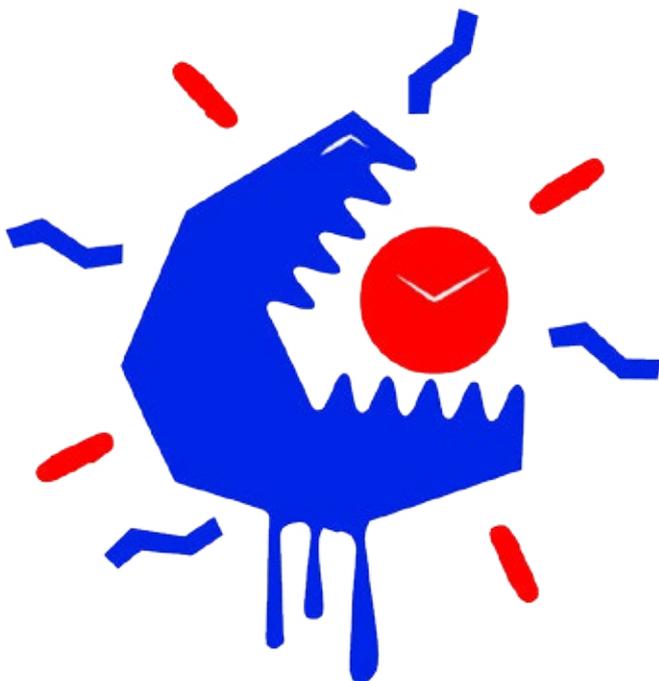


## METHOD:

1. Preheat oven to 180°C
2. Use a sharp knife to stab eight holes in the meat
3. Insert the pieces of garlic and rosemary in the holes
4. Crush remaining garlic. Zest the lemon
5. Mix the crushed garlic, rosemary leaves, lemon zest and half the olive oil together.  
Season the lamb with salt and pepper and brush the marinade over the lamb
6. Place the potatoes in the roasting dish
7. Place the lamb on the roasting rack sitting inside the roasting dish
8. Roast in the oven for one hour for medium-rare or longer to your liking
9. Remove roast from oven (take "prepared earlier" roast from oven). Carefully transfer the lamb and potatoes to a serving tray and cover loosely with foil and set aside to rest
10. To make the gravy, place the roasting pan over a medium heat on the stove. Add the flour to the lamb juices and cook, scraping the base of the pan to dislodge any bits that have cooked onto it
11. Gradually stir in the stock until well combined and bring to the boil. Simmer until the sauce thickens
12. Pour "prepared earlier" gravy into a gravy jug and serve on the side

## ADDITIONAL NOTES:

- Peel and cut potatoes
- 1 "prepared earlier" roast lamb and potatoes



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