

ROAST LAMB LEG, POTATO BOULANGERE AND ROASTED ASPARAGUS

EQUIPMENT

PERFORATED BAKING TRAY, CAKE RACK, GRATIN DISH, CHEF KNIFE, FRYPAN

INGREDIENTS

LAMB LEG (2.2KG-2.4KG), ROSEMARY, THYME, 2 BUNCH ASPARAGUS, 8 MEDIUM POTATOES, 2 BROWN ONIONS, 4 CLOVES GARLIC, 100GM BUTTER, 800GM-1KG CHICKEN STOCK, OLIVE OIL, SALT, PEPPER

METHOD

CUT THE GARLIC CLOVES IN HALF, MAKE 8 INCISIONS WITH THE TIP OF YOUR KNIFE IN THE FLESHY PART OF THE LAMB AND PUSH IN ONE PIECE OF GARLIC INTO EACH HOLE

PICK SOME SMALL ROSEMARY SPRIGS AND PUSH THESE IN THE SAME HOLE OVER THE TOP OF THE GARLIC

SEASON THE LAMB LEG WELL WITH SALT AND PEPPER ON BOTH SIDES AND PLACE ON A CAKE RACK, THEN ON A PERFORATED BAKING TRAY

PLACE THE LAMB LEG IN A PRE-HEATED OVEN COMBI SETTING 190 DEGREES FOR 10 MINS

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT, SLICE THE BROWN ONIONS AND FRY IN A SMALL AMOUNT OF OLIVE OIL, TURN THE HEAT DOWN TO MEDIUM LOW AND CONTINUE TO COOK UNTIL THE ONIONS BEGIN TO COLOUR

ONCE THE ONIONS BEGIN TO COLOUR ADD A FEW KNOBS OF BUTTER AND 150GM OF CHICKEN STOCK AND REDUCE OVER HIGH HEAT UNTIL ALMOST ALL THE STOCK HAS DISSIPATED, SET THE ONION MIX ASIDE.

TURN THE OVEN DOWN AFTER THE 10 MINS HAS ELAPSED TO 180 DEGREES AND SET THE TIME FOR 40 MINS

SLICE THE POTATOES INTO ABOUT 1CM PIECES AND IN A GRATIN DISH PLACE AN EVEN LAYER OF POTATOES, FOLLOWED BY A SCANT LAYER OF ONIONS, SOME PICKED THYME AND A FEW SMALL PIECES OF BUTTER, SEASON WELL AND REPEAT THIS UNTIL THE GRATIN DISH IS ALMOST FULL

ONCE FULL POUR OVER A BIT MORE THAN $\frac{3}{4}$ OF THE REMAINING STOCK, JUST UNTIL YOU CAN SEE A LITTLE OF THE STOCK ON THE SURFACE

PLACE THIS GRATIN IN THE OVEN WHEN THE LAMB HAS 20 MINS LEFT ON THE TIMER

ONCE THE TIMER GOES OFF REMOVE THE LAMB AND WRAP IN FOIL TO REST FOR AT LEAST 20 MINS

COOK THE GRATIN FOR A FURTHER 15-20 MINS

(TEST THE GRATIN BY PLUNGING A KNIFE ALL THE WAY THROUGH THE MIDDLE OF THE DISH, THERE SHOULD BE ONLY A VERY SLIGHT RESISTANCE)

SEASON THE ASPARAGUS AND TOSS WITH A LITTLE OIL PLACE IN THE OVEN WITH THE GRATIN FOR THE LAST 6 MINS OF COOKING

REMOVE THE ASPARAGUS AND GRATIN, CARVE THE LAMB AND SERVE

HINTS & TIPS

- AS WITH ANY OTHER ROASTED PROTEIN THE KEY HERE IS TO REST, MINIMUM 20 MINS BUT THE LONGER THE BETTER
- ROASTING IN THIS TRADITIONAL METHOD WILL GIVE YOU A WIDER VARIETY OF DONENESS, THE OUTER WILL BE COOKED MORE WELL DONE BUT THE CLOSER TO THE BONE YOU GET THE MEAT WILL BECOME MEDIUM RARE
- TEST YOUR ROASTS WITH A THERMOMETER THIS IS THE ONLY FOOLPROOF METHOD TO KNOW EXACTLY THE INTERNAL TEMPERATURE OF THE MEAT. REMEMBER "DONENESS" OF MEAT HAS NOTHING TO DO WITH COLOUR. RARE, MEDIUM RARE, MEDIUM ETC... ARE MEASUREMENTS OF TEMPERATURE
- THE POTATO GRATIN CAN BE PREPARED IN ADVANCE, IF YOU DO PREPARE IT IN ADVANCE REMEMBER TO BRING IT UP TO ROOM TEMPERATURE BEFORE RE-HEATING.