

# **SLOW ROASTED SPICED LAMB LEG, PRUNE AND CUCUMBER SALAD**

## **EQUIPMENT**

CHEF'S KNIFE, MIXING BOWL, SOLID BAKING TRAY, CAKE RACK, SHALLOW FRYPAN, MORTAR AND PESTLE, MICROPLANE

## **INGREDIENTS**

1 LEG OF LAMB, 2 CINNAMON STICKS, ½ A NUTMEG, 6 WHOLE CLOVES, 2 STAR ANISE, 5GM CUMIN SEEDS, 5GM FENNEL SEEDS, 1GM GROUND CINNAMON, 2GM SWEET PAPRIKA, 2GM SUMAC, 3 CLOVES OF GARLIC, 3CM PIECE PEELED GINGER, 2 LEMONS, 100GM EXTRA VIRGIN OLIVE OIL, SALT FLAKES, 2 LEBANESE CUCUMBERS, 2 RIPE TOMATOES, ½ SPANISH ONION, 6-8 PRUNES, ¼ BUNCH FRESH MINT

## **METHOD**

IN A SHALLOW FRYPAN PLACE CUMIN SEEDS, FENNEL SEEDS, WHOLE CLOVES, STAR ANISE, CINNAMON QUILLS AND GRATED NUTMEG. PLACE THE PAN OVER MEDIUM HEAT ON THE STOVE AND TOAST UNTIL FRAGRANT.

WHILE THE OTHER SPICES TOAST MIX TOGETHER THE REMAINING SPICES AND SET ASIDE.

ONCE THE SPICES HAVE TOASTED REMOVE THE PAN FROM THE HEAT AND ADD THE OTHER SPICES TO TOAST IN THE RESIDUAL HEAT OF THE PAN.

ADD THE SPICES TO A MORTAR AND PESTLE AND GRIND TO A FINE POWDER. ONCE GROUND ADD FINELY GRATED LEMON ZEST, GINGER AND GARLIC TO THE SPICE MIX AND GRIND AGAIN. TO FINISH THE MARINADE ADD LEMON JUICE AND EVOO AND MIX WELL.

SCORE THE SURFACE OF THE LAMB AND SPOON THE MARINADE OVER THE LAMB ENSURING THE MARINADE COVERS THE LAMB ON ALL SIDES. COVER THE LAMB WITH CLING FILM AND REFRIGERATE FOR 24-48 HOURS.

AFTER THE LAMB HAS MARINATED PLACE IT ON A CAKE RACK OVER A SOLID BAKING TRAY. PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING 180 °C FOR 30 MINUTES.

AFTER THE FIRST 30 MINUTES REMOVE THE LAMB FROM THE OVEN AND COVER IT WITH FOIL. POUR SOME WATER INTO THE BOTTOM OF THE BAKING TRAY AND RETURN TO THE OVEN COMBI SETTING 160 °C FOR 3.5 HOURS.

FOR THE SALAD FINELY DICE THE ONION AND ADD IT TO A LARGE MIXING BOWL, ADD DICED TOMATO, 5CM STRIPS OF CUCUMBER AND ROUGHLY CHOPPED PRUNES. DRESS THE SALAD WITH SALT, EVOO AND LEMON JUICE, TOSS AND SET ASIDE.

ONCE THE LAMB HAS COOKED REMOVE IT FROM THE OVEN AND REST FOR 20 MINUTES. FINISH THE SALAD BY ADDING PICKED MINT LEAVES, TOSS THE SALAD AGAIN AND PLACE IT IN A SERVING BOWL.

PLACE THE LAMB ON A LARGE SERVING PLATE AND GARNISH WITH FRESH HERBS AND A DRIZZLE OF EVOO AND SERVE.

## **HINTS & TIPS**

- THIS DISH USES MIDDLE EASTERN FLAVOURS AND THE FLAVOR IS ENHANCED BY LONGER MARINATING TIMES. KEEPING THE LAMB IN THE MARINADE FOR 48 HOURS WILL RESULT IN A FLAVOUR PACKED ROAST.

- ANY LEFTOVERS CAN BE USED IN TOASTED WRAPS OR TOSSED THROUGH A SIMPLE COUS COUS WITH TOASTED NUTS.