



## ROAST LAMB



A leg of lamb is made up of various different muscles, which makes for a range of textures. Cook it on the bone and carve it before serving with a good sharp knife.

SERVES 8

### INGREDIENTS

1 leg of lamb  
5-10 fat cloves of garlic  
leaves from 6 or 7 sprigs of thyme (optional)

### METHOD

Preheat the oven to 200C/Gas 6.

Crush or finely grate the garlic with half a teaspoonful of sea salt flakes, black pepper, plus the thyme if you are using it. Turn it into a paste

Spike the leg of lamb with the tip of a knife. With a teaspoon handle, ease the garlic paste into the cuts, massaging the meat as you go to encourage it to go deeper in.

Rub the leg of lamb with olive oil and a pinch of salt. Roast for 25 minutes per 450g/1lb, basting the meat occasionally. Allow to rest in a warm place for half an hour while you make the gravy.

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