

Slow cooked Leg of Lamb

Serves 6

2 heads of garlic

A bunch of rosemary

Finely grated rind of a lemon

Olive oil

2 kg Leg of Lamb

1 large onion, cut into wedges.

6 medium sized carrots, peeled and cut in half

700g potatoes scrubbed and sliced into large chunks

400mls sherry

Sea salt and pepper

Preheat the oven to 220C

Strip the rosemary from the stem and chop up finely with 8 cloves of peeled cloves from one head of garlic, lemon rind and mix with olive oil , salt and pepper to give you a loose paste.

Using a sharp knife make incisions all over the lamb and push in the garlic and herb paste giving special attention around the bone end.

Place in a roasting tin or large casserole and roast for 20 minutes. Reduce the temperature to 140C

Put the onion , carrots , potatoes and the rest of the garlic cloves under and around the lamb. Bring the sherry to the boil and pour it over, Season veggies well with salt and pepper then cover tightly with a double layer of tin foil. Return to the oven and cook for 2 and ½ hours.

Remove the foil for the last 30 minutes of cooking.

The lamb should be delicious and soft , serve with the vegetables and juices

I would serve this with some al dente sprouting broccoli.