

A LEG OF LAMB ROAST FOR CHRISTMAS

METHOD

1. Paint your Lamb Roast with Olive Oil
2. Season and rub your meat with:
 - Fresh chopped Mixed Herbs
 - Fresh Rosemary
 - Dried Mixed Herbs
 - Coarse Salt
 - Chili Flakes
3. In a Roasting Pan, add a bit of Olive and Coconut Oil and place the meat on top.
4. Decorate the meat with rosemary sprigs and aniseed stars.
5. Bake at 200 degrees Celsius until golden brown and seared on the outside.
6. Turn the oven down to 180 degrees Celsius and pour 2 cups red wine over the meat.
7. Cover with tin foil before roasting for 1-2 hours, depending on size and taste.
8. Remove foil from meat for the last 10 minutes in the oven to crisp the outer layer.

Chefs Tip:

Making a roast is not an exact science. As you can see in the video, Christmas magic is made with a little bit of this and a little bit of that; and lots and lots of love!

