Roast Leg of Lamb

NIBBLEDISH CONTRIBUTOR

Ingredients

1.5kg leg of lamb
8 pickling onions, peeled and halved
2 heads of garlic, seperated into cloves and left unpeeled
A few sprigs of rosemary, finely chopped
Olive oil
Sea salt

Sauce
1 heaped tbsp plain flour
1 tbsp dark soy sauce
1 1/2 cup beef stock
A glug of white wine
Dash of caster sugar

Instructions

1. Take the leg of lamb out of the fridge an hour before you start cooking- let it come to room temperature. Rub sea salt and chopped rosemary all over the lamb, drizzle some olive oil all over it and set aside.
2. Preheat the oven to 240C. Place the lamb in a roasting pan and roast it for 20 minutes. Meanwhile, bring a pot of salted water to boil. Chuck the pickling onions and garlic cloves in and let it simmer for 10 minutes or till the onions are tender. Drain the onions and garlic and set aside.
3. Remove the lamb from the oven and the roasting pan. Reduce the oven temperature to 190C. Place the onions and garlic in the roasting pan, set the lamb on top and return the pan back to the oven for another 45 minutes for medium rare. Let the lamb stand for 15 minutes before carving.

4. ***To make the sauce*** Pour the pan juices from the roasting pan into a saucepan. Over medium heat, whisk in the flour, followed by the wine, soy sauce. sugar and the stock. Bring the mixture to boil then lower the heat and allow it to simmer for 10 minutes till thickened.