

Rosemary, Anchovy & Garlic Crusted Roast Lamb

(5 portions) £3.15 per portion



1kg leg of lamb, bone in

Rosemary, Anchovy & Garlic Crust

(140g batch)

30g anchovy fillets, diced into ½ cm cubes
14g (2) cloves garlic, peeled, finely chopped
50g (½ bch) rosemary, picked and finely chopped
10g Malden sea salt
5g freshly ground black pepper
30ml rapeseed or olive oil

Mix everything together and leave at room temperature.

Rosemary Roasted Root Vegetables

(5 portions)

525g (3) medium red onions, peeled and cut into quarters
560g (8) medium carrots, peeled and cut into large chunks
800g (8) medium parsnips, peeled, core trimmed and cut into large chunks
30ml rapeseed or olive oil
30g butter
Malden sea salt
Freshly ground black pepper

Mix all together in a bowl with ¼ (35g) of the rosemary, anchovy & garlic crust.

To Cook

Preheat the oven to 220*c. Take the lamb and with a pointed tip knife make 2cm incisions into the lamb all over about 20-25 even cuts. Take $\frac{3}{4}$ ((105g) of the rosemary, anchovy & garlic crust and massage into the lamb so it goes into the cuts and spread evenly over, forming a coating to the lamb. Place the lamb into a roasting tray and cook for 20 minutes to seal the crust to the lamb. Gently baste the crust with the fat from the lamb. Place the root vegetables into the base of the roasting tray around the lamb, continue cooking at 200*c until the vegetables are golden and caramelised and the lamb is cooked to your preference. Make sure the lamb is rested for at least 20 minutes before serving.

Lamb Cooking Approximate Core Temps

Rare 50*c

Medium rare 55-60*c

Medium 60-65*c

Well done above 70*c