



## *Slow Cooked Leg of Lamb with Herbs and Spices*

Total Time: 4.5 hrs.

Cooking Time: 3 hrs.

Serves: 6-8

Difficulty: Intermediate

### INGREDIENTS

5lb/2.25kg semi-boneless leg of lamb  
1 tspn whole allspice  
½ tspn whole cloves  
1 tblspn ground coriander  
2 tblspns smoked paprika  
2 tblspns fresh thyme  
2 tblspns fresh oregano  
2 garlic cloves sliced  
15 garlic cloves peeled and slightly smashed  
¼ cup honey  
1 cup lemon juice  
2 cups dry white wine  
4 cups chicken broth/stock  
Sea salt and freshly ground black pepper

#### **Pairs well with:**

Couscous Herb Salad Recipe  
Spiced Yoghurt

#### **Note**

Lamb can go from pink to overcooked very easily. Best to undercook versus cook to long. Rest time is the key.

### DIRECTIONS

1. Cut small slices into lamb, and push garlic slices into the lamb. Season the lamb with salt & pepper and rub in olive oil.
2. If lamb does not come tied, tie together with string.
3. Place lamb fat side up in a large roasting pan, lightly cover and leave in cold oven to get to room temperature (approx. 1-1.5 hrs)
4. In a medium size bowl, whisk the chicken stock, wine, lemon juice, honey, allspice, cloves, coriander, paprika, oregano, and thyme together.
5. Heat oven to 425f/220c.
6. Brown/sear lamb in oven for 15 mins.
7. Pour herb and spice liquid in bottom of roasting pan.
8. Braise the lamb, uncovered for 30 minutes
9. Reduce temperature to 325f/162c and braise covered with foil for 2-2 ½ hrs. or until meat is pulling away from the bone.
10. Transfer lamb to a cutting board and let stand.
11. Strain braising liquid into a saucepan, skim off any fat, and boil for approx. 10 minutes to reduce.
12. Carve lamb.