



## Slow roasted boneless leg of lamb with winter vegetables

### Shopping list:

- 1 X leg of lamb
- 1kg cocktail potatoes
- 1 butternut pumpkin
- 150grams Brussel sprouts
- 1 red capsicum
- 1 head garlic
- 1 bunch rosemary
- Sea salt and cracked black pepper
- 1 tablespoon Ras el hanout
- Zest and juice of 2 lemons
- Olive oil

### Method:

1. Using a sharp boning knife remove the bone from the leg. (There are clips on youtube to help you with this).
2. Lay the lamb out flat and rub in sea salt and cracked black pepper into the flesh along with the tablespoon of Ras el hanout, zest of the 2 lemons and a little olive oil.
3. Sear this off in a very hot fry pan and then place on a cake rack and roast at 110C for approximately 4 hours.
4. During the last hour, add all the other vegetables into the same tray and roast as well.
5. Serve on a large platter with the meat sliced and some jus on the side.

For more recipes and, calendar of future cooking demonstrations, visit  
[dandenongmarket.com.au/kitchen](http://dandenongmarket.com.au/kitchen)