

# ROAST LAMB



## INGREDIENTS

Serves 6

- Large shoulder of lamb
- 1tsp of ground cinnamon
- ½ tsp ground coriander
- 1 tbsp olive oil
- 2 cloves of garlic crushed
- ground pepper & salt to taste

## DIRECTIONS

- 01 Wrap your lamb in greaseproof paper and place it in the fridge until you are ready to cook it.
- 02 Take your meat out approx. 45 minutes before you want to cook it, so it comes up to almost room temperature.
- 03 Score the fat on the top with a sharp knife and place it into a large oven tray with a rack to raise the lamb off the bottom.
- 04 Mix the cinnamon, coriander, olive oil, crushed garlic and sea salt. Smear this over the lamb, add some ground black pepper, then leave for 10 mins to sink in.
- 05 Place into a hot oven at 200C for 30 mins, or the roasting oven of an Aga. After 30 mins drop the temperature to 140c or move to the baking oven of an Aga. Cook for 4 hours (if using the simmering oven of the Aga, cook for 5-6 hours).
- 06 Leave the lamb to rest for 20 minutes before carving.

N.B. It's important to raise the lamb off the bottom of the oven tray so it doesn't sit in the fat.

