

BUTTERFLIED LAMB LEG

PREP TIME 15 MIN | COOK TIME 40 MIN | SERVES 10

Method

1. Pre-heat combi oven to 160 ° C, full dry heat.
2. Combine oil and sumac in a bowl, coat lamb with mixture. Season with a little salt.
3. Heat a large frying pan over high heat until very hot. Sear the lamb on both sides then transfer to a gastronome. Insert a probe, roast to internal doneness of 55 ° C.
4. Chermoula: Combine oil, lemon rind, juice, garlic, chilli flakes, cumin, paprika, cinnamon and salt. Add coriander and parsley. stir to combine. Season to taste and add a little more lemon juice if necessary.
5. Remove lamb from the oven and transfer to a board. Cover with foil and rest for 10 minutes. Thickly slice the lamb and serve with the chermoula and a tomato salad.

Notes

- If time permits marinated lamb for up to 2 hours.
- Substitute butterflied shoulder or boned and rolled shoulder.

Ingredient List

Lamb

- 1 x 2.5kg butterflied lamb leg, scored

Other Ingredients

- 30mls olive oil
- 50g sumac
- Salt to season

Chermoula

- 200mls olive oil
- 140g lemons, rind finely grated, juiced
- 16g garlic cloves, crushed
- 5g chilli flakes
- 15g ground cumin
- 5g paprika
- 6g ground cinnamon
- 5g sea salt flakes
- 120g finely chopped coriander
- 50g finely chopped flat leaf parsley

Serving Suggestions

- Tomato salad to serve

