

Martyna Angell's lemon & garlic lamb roast

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This beautiful lamb dish is a lighter take on a slow-cooked roast. Served with the tangy lemon and white wine sauce, it's the perfect roast for any occasion.

Ingredients (Serves 6 to 8)

- 3 kg leg of lamb (on the bone)
- 1 head garlic, cloves peeled and crushed
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 2 tbsp olive oil
- 3 sprigs rosemary
- 1 lemon, quartered
- 2 cups white wine

Method

Preheat oven or hooded barbecue to 260°C (240°C fan-forced). Trim the lamb leg of excess fat and membranes. Mix together the crushed garlic, salt and pepper. Using a sharp pointy knife make incisions in the lamb, rub the meat with the garlic, pushing some of the paste into each hole. Drizzle the lamb with olive oil and rub all over.

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Place the lamb in a large, deep roasting tray and roast for 20 minutes in either your oven or barbecue. Then add herbs, lemon quarters and wine to the base of the tray and pour enough hot water into the tray to come $\frac{1}{4}$ of the way up the lamb.

Cover the tray snugly with aluminium foil then return (or, if using a barbecue, transfer) to the oven. Reduce heat to 180°C (160°C fan-forced) and roast for 2 to 3 hours, adding more water halfway through if needed.

Once the meat is tender and falling off the bone, remove the lamb from the oven and strain the liquid into a large saucepan. Set the meat aside to rest for 15 minutes before serving and for the sauce to cool slightly before skimming the fat off.

Words, recipes and photography: Martyna Angell, the [Wholesome Cook](#).

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