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by ewfood

Lamb Roast

Ingredients

1 leg of lamb
5 cloves garlic, cut into slivers
1 sprig of thyme, cut into large pieces
1 sprig rosemary cut into large pieces
olive oil
Salt and pepper to taste
For the gravy
1.5 oz. flour
16fl oz. beef stock

Preparation Time
10
min
Cooking Time
1
hr

Preparation

1. Preheat the oven to 180°C
2. Poke small holes on the roast and insert the garlic slivers and pieces of thyme and rosemary into the holes
3. Spread the olive oil all over the roast so it is well covered
4. Season well
5. Place into a roasting tin into the oven and cook for 40minutes – 1 hour depending on whether you want it rare or well done. Using a meat thermometer will help you determine if the meat is done to your liking. 130°C is great for a rare – medium rare and the higher the temperature the more done it is
6. For the gravy
7. Remove the roast from the tin and leave it on a serving plate to cool down for 15 minutes. In the meantime place the roasting tin on the stove top and scrape of the dregs from the beef. All a little of the stock to loosen all of the fat that may have collected at the bottom
8. Add in the flour one tablespoon at a time and stir vigorously until the gravy thickens. Slowly add the rest of the stock and flour until you are left with yummy gravy
9. Serve the roast with vegetables and Yorkshire pudding or mash.

Cooks Note

Preparation time: 10 minutes; Cooking time: 1 hour