



# FIRE-ROASTED BONELESS LEG OF LAMB

## WITH ROSEMARY, GARLIC & ROASTED VEGETABLES



**PREP TIME:**  
15 MINS



**COOK TIME:**  
1H 35 MINS



**REST TIME:**  
10 MINS



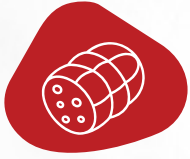
**SERVE:**  
8 PEOPLE



# INGREDIENTS



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## LAMB

- 2.2 kg *boneless leg of lamb*
- 5 *garlic cloves, finely minced*
- 10 *garlic cloves, thinly sliced*
- 15 g *fresh parsley, chopped*
- 25 g *fresh rosemary, chopped*
- 25 g *coarse sea salt*
- 7.5 ml *freshly ground black pepper*
- 30 ml *olive oil*



## VEGETABLES

- 600 g *baby potatoes*
- 250 g *baby carrots*
- 2 *onions, cut into wedges*
- 250 g *button mushrooms*
- *Fresh rosemary sprigs*



## COOKING LIQUID

- 375 ml *beef or lamb stock*



### CHEF TIP:

THE CHEF Oval Casseroles premium enamel interior distribute heat evenly whilst locking in moisture, making it ideal for slow braai cooking.



# METHOD



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## PREPARE THE BRAAI

- *Prepare a Braai with a bed of medium-hot coals. Maintain a steady cooking temperature of approximately 180°C throughout cooking.*



## PREP THE LAMB

### SEASON THE INTERIOR:

- *Trim away any excess fat from the lamb. Pat dry. Open the lamb and drizzle with half of the olive oil. Season with half the rosemary, salt and pepper. Scatter over the minced garlic and parsley.*

### TRUSS THE LAMB:

- *Roll the lamb tightly into an even cylinder. Tie securely every 3–5 cm using kitchen twine.*

### SEASON THE EXTERIOR:

- *Cut shallow slits over the outside of the lamb. Insert the sliced garlic. Rub with the remaining olive oil and season with the remaining rosemary, salt and pepper.*



### LAMB DONENESS GUIDE:



|             |         |
|-------------|---------|
| Medium Rare | 54–57°C |
| Medium      | 60–63°C |
| Medium Well | 65–68°C |

*Remove the lamb at 57°C for a perfectly juicy medium-rare finish*



# METHOD



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## ASSEMBLE IN CASSEROLE

- *Arrange the potatoes, carrots, onions and mushrooms inside the CHEF Oval Casserole. Pour in 375 ml warm beef or lamb stock. Place the prepared lamb on top of the vegetables. Cover with the casserole lid.*



## BRAAI COOKING

- *Place the casserole onto a griddle grate positioned above medium-hot coals inside/on your Braai. Cook for approximately 1 hour 35 minutes, maintaining 180°C. Use the CHEF thermometer to check the internal temperature.*



## REST AND SERVE

- *Remove the casserole from the braai. Transfer the lamb onto a serving board. Loosely cover with foil and allow to rest for 10 minutes. Remove the twine. Slice and serve with the roasted vegetables and spoon over the rich rosemary and garlic cooking juices.*



### CHEF'S SERVING SUGGESTION

*Finish with fresh rosemary, flaky sea salt and a drizzle of extra virgin olive oil. Serve alongside grilled asparagus, buttered green beans or a crisp seasonal salad for an elegant South African braai experience.*

