

SLOW ROASTED LEG OF LAMB + ROSEMARY GRAVY

Adapted from RecipeTinEats



INGREDIENTS

- 3 - 5.5 lb Leg of Lamb
- Salt and pepper
- 1.5 tbsp olive oil
- 1 whole garlic bulb, unpeeled, cut in half horizontally
- 1 onion, quartered
- 2 rosemary sprigs (or 4 if stronger herb flavor is preferred)
- 3 cups beef stock/broth
- 2 cups water

GRAVY

- 4 tbsp white flour
- 1 cup water
- Salt and pepper, to taste

ROAST TIMES

3 - 3.5 lb		
Covered, upside down	4 hrs	
Browning, right side up	45 min	
4 - 4.5 lb		
Covered, upside down	4.5 hrs	
Browning, right side up	45 min	
5 - 5.5 lb		
Covered, upside down	5 hrs	
Browning, right side up	45 min	

INSTRUCTIONS

1. Preheat oven to 335°F if using a conventional oven, or 300°F if using a convection oven. Place garlic, onion, and rosemary in a metal roasting pan.
2. Place lamb leg right side up in the pan. You can tell the upper part from the bottom part because the upper side of the lamb is rounder and usually has more fat. The underside has less fat and is more flat.
3. Sprinkle generously with salt and pepper and rub it in.
4. Flip lamb over and place it so it mostly sits on the garlic and onion. Sprinkle with more salt and pepper and rub it in.
5. Drizzle lamb with olive oil. Pour broth and water around it. It won't cover it, but that's okay. The lamb will sink into it. Cover with foil instead of a lid, to allow for venting.
6. Place in the oven and roast for duration according to the roast times guide. Once roasted, remove from oven, remove foil, and check to ensure meat is tender enough to easily pry with a fork. If not, return covered to oven until fork tender.
7. Once roasting is complete, return lamb uncovered to oven for a further 45 minutes or until well browned.
8. Remove lamb. Spoon juices from pan over meat generously. Transfer to serving platter. Cover loosely with foil and let rest while making the gravy.

GRAVY

1. Use a large spoon to skim off and discard some of the fat from the pan juices.
2. Place pan on stove on medium high. Once liquid is bubbling, add flour. Whisk it in until combined.
3. One thickened, whisk in ½ to 1 cup of water, or just enough to achieve your desired consistency. Add salt and pepper to your taste.
4. Strain gravy into bowl, pressing juices out of the onion. Pour gravy into serving bowl or gravy boat.