

Slow roasted Greek lamb and vegetables

Ingredients

For the lamb

Leg of lamb (around 2 kilos)

6 sprigs rosemary

6 cloves garlic

2 teaspoons salt

Freshly ground pepper to taste

1 teaspoon oregano

Juice of one large lemon

Method

Toss rosemary and garlic in one teaspoon of salt and set aside while you trim the lamb of excess fat. Slit the lamb at various points with a paring knife, and slot the garlic and rosemary into the crevices. Rub the lamb with the remaining salt, pepper and oregano. Place in oven proof dish, and pour one cup boiling water into one side of the dish. Cover with a tight fitting lid. Bake at 250°C for 30 minutes and then turn the oven down to 200°C. Baste the lamb every hour or so and replenish water if getting dry. Turn over mid-way in the process. Bake for around 4 hours, or until the meat is tender and nearly falling off the bone. Once cooked, rest for 10 minutes. Carve and place on a serving dish. Mix the pan juices with the lemon juice and pour over lamb. Serve immediately.

For the vegetables

6-8 medium sized potatoes

1 large sweet potato

¼ pumpkin

3 large carrots

1 onion

4 cloves garlic

2 small sprigs rosemary

1/3 cup olive oil

1 teaspoon oregano

Juice of one lemon

Salt/pepper to taste

Method

Cut the vegetables in large chunks (pumpkin biggest, carrots smallest). Place all the vegetable, garlic and onion in a solid baking tray. Mix the remaining ingredients in a bowl, pour over the vegetables and mix well. Bake at 200 °C for around 1.5 hours, or until vegetables are crispy on the outside and cooked on the inside. Shake the pan periodically so that the vegetables do not stick, and add a little water if they threaten to do so.

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