



Slow roast leg of lamb

I love that 'Sunday roast' house smell of my youth. The lingering smell of a chicken roasting in the oven, rare roast beef resting on the work surface or in the spring the most beautiful local lamb, cooking long and slow. People are often quite daunted by the whole 'roast' experience, but it can be the easiest of things and pretty much stress free if you keep things simple. A couple of 'chffy' touches will turn your ordinary roast into something of a masterpiece!!

Serves 5/6

Ingredients

- 1 medium leg of lamb (around 2kg)
- 2 sprigs rosemary
- 40g anchovy fillets in oil
- 4 garlic cloves
- 200ml white or red wine vinegar
- 200ml water

Method

1. Allow the lamb to come to room temperature. Heat the oven to 220C/425F/Gas 7.
2. Slice the garlic thinly.
3. Cut the sprigs of rosemary into 4cm long sticks
4. Halve the anchovies
5. With a sharp knife, make small incisions all over the lamb leg.
6. Push a slice of garlic, half an anchovy and a stick of rosemary into each incision
7. Place the lamb on a roasting rack and pour the water and vinegar into the roasting pan
8. Wrap the roasting pan tightly in foil and bake for 15 minutes, then turn the oven down to 170C/325F/Gas 3 and roast for 3 hours.
9. After this time take the foil off, turn the heat back up to 200 and roast for a further 15 minutes.
10. Remove from the oven, cover with foil and tea towels and leave to rest for 30 minutes to an hour.