



MEAT

WHOLE BBQ ROASTED LEG OF LAMB

INGREDIENTS

- 1 x 2kg Leg of Lamb
- ½ bunch Rosemary
- 5 cloves Garlic
- 1 Tbsp Grain Mustard
- 50ml Olive Oil
- Salt and Pepper

Equipment:

- BBQ
- Chopping Board
- Roasting Rack
- Enamel Drip Tray
- Paring knife
- Bowl for mixing
- Carving Knife
- Basting brush
- Food Thermometer

METHOD

1. Preheat barbeque until hot registers on the hood indicator
 2. Combine chopped garlic, rosemary, sea salt, pepper, mustard and olive oil in a bowl.
 3. Score lamb leg in about six places and season with salt and pepper all over. Fill scores with rosemary and garlic; brush leg with marinade.
 4. Place leg on the roast holder and place in the centre of BBQ, then turn burners off under lamb (only have far left and right burners on high)
 5. Whilst tempting, try not to open the hood until it is ready to prevent loss of heat and flavour of your roast. Time and temperature are the key.
 6. Cooking time is determined by weight of lamb approximately 35minutes per kilogram for Medium Rare.(lamb should register 71°C on a meat thermometer)
 7. Rest leg for a good 10 mins before carving
- Great served with roasted root vegetables and jus.



Preparation time: 15-20 minutes

Cooking time: Cooking time is determined by weight of lamb approximately 35 minutes per kilogram for Medium Rare.

Serves: 4

TERMS USED IN THIS RECIPE

Baste – to coat or moisten with marinade during the cooking process

Rest - when the meat is cooking, it tightens up. By allowing the meat to rest, the meat relaxes; therefore it's more tender and the blood will escape so it's not all over your plate

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