

Garlic & Rosemary Studded Lamb



what you need

- 1kg half leg of John Penny lamb
- 3 cloves garlic, peeled and sliced
- 1 pack rosemary, broken into sprigs
- 300ml water
- 800g new potatoes
- 1 red & 1 yellow pepper, deseeded and cut into 8 wedges
- 300ml hot vegetable stock

Cooking time: 2 hrs 10 mins

Serves: 4

how to cook

- 1 Heat the oven to gas 5, 190°C, fan 170°C, 375°F.
- 2 Make deep slits in the surface of the lamb and insert slices of garlic and sprigs of rosemary. Place the lamb in a large roasting tin, pour in 300ml water, cover with foil and cook for 1 hour 25 minutes.
- 3 After an hour remove the foil and baste with the liquid in the roasting tin and continue to cook.
- 4 Meanwhile, arrange the vegetables in layers in a separate roasting pan, seasoning as you go. Finish with a layer of sliced potatoes. Pour the stock over the vegetables, cover the pan with foil and cook in the oven for 1 hour.
- 5 Remove the two roasting pans from the oven and lay the lamb over the potatoes. Cook the lamb and potatoes, uncovered, for a further 30 minutes.
- 6 Remove the lamb from the oven, cover with a piece of foil and allow to stand for 10 minutes before carving. Continue to cook the vegetables at a lower temperature to finish browning the surface.
- 7 Cook's tip: If you wish to cook a whole leg of lamb, make sure you start to cook the joint 1 hour before you start to cook the layered

vegetables.