

# Slow roast leg of lamb with herb rub

Cuisine: English

Food category: Game



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## Program steps

Preheating: 160 °C

1 Combination 70 % Termination by time 03:00 hh:mm 160 °C 50 %

## Ingredients - number of portions - 8

Name	Value	Unit
garlic	1	pcs
salt	15	g
rosemary sprig	2	pcs
a sprig of thyme	2	pcs
olive oil	50	ml
leg of lamb	2	kg

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	397.5 kJ
Carbohydrate	0 g
Fat	22.5 g
Protein	47.5 g
Water	0 g

## Directions

Preheat the oven to 160°C. Separate and peel the garlic cloves, and crush them with the salt in a pestle and mortar. You need enough salt to give the mixture some grit. Mash the garlic into the salt. Add the rosemary and thyme, then mix with enough olive oil to make a thick paste.

Rub the garlic mixture over the whole surface of the lamb. Place the lamb into a GN container.

Add 250ml of water to the roasting tin. Baste the meat with the liquid, then cover the lamb with foil. Roast for 3 hours, until cooked to your liking.

When cooked, pour off any excess oil from the top of the liquid, leaving the cloudy, herby sediment in place. This is the gravy.

## Recommended accessories



Enameled GN container