

# Slow roasted lamb with mint and lemon



Serves 4-6

Prep time: Start the day before

Cook time: 2 hours

## Ingredients

1 Gimlet grove bone leg of lamb  
1 cup coarsely chopped fresh mint, plus another 1/2 cup mint leaves  
1/4 cup extra-virgin olive oil  
3 cloves garlic, minced  
2 Tbs. fresh lemon juice  
2 tsp. finely grated lemon zest (from 1 lemon)  
salt and freshly ground black pepper  
1 cup dry white wine  
1-1/2 cups chicken stock

## Method

Put the lamb in a baking dish. In a small bowl, mix the chopped mint, olive oil, garlic, lemon juice, lemon zest, 2 tsp. salt, and a few grinds of pepper. Massage the mixture into the lamb, then cover and put in the fridge for 8 hours or overnight.

Remove the lamb from the fridge 1 hour before cooking. Heat the oven to 200 C. Put the lamb into a roasting dish, as you put the lamb in the oven lower the heat to 160 C. Roast for 1/2 to 2 hours. Transfer the lamb to a warm platter and cover with foil. Let rest for at least 15 minutes.

If you are feeling fancy or energetic make a gravy. Skim the fat from the top of the pan juices and then put the roasting pan on a burner or two on medium heat. Add the wine, and with a wooden spoon, scrape up all the browned bits. Bring to a boil and cook until the liquid has reduced to about 1/4 cup. Add the stock return to a boil, and reduce the liquid again to about 1 cup. Season with salt and pepper and stir in the mint leaves. Carve the rested lamb and serve with the sauce. Wrap the leftover lamb and store the sauce in an airtight container. It will last up to for up to 4 days in the fridge or freeze for up to 3 months.