



Roast Leg of Lamb with Paprika

Ingredients

- 4.5lb - 2kg leg of lamb (with bone)
- 3 sprigs of rosemary
- 6 sage leaves
- 1 tbsp smoked paprika
- 6 Garlic cloves
- 3 tbsp olive oil

Gravy Ingredients

- 3 brown onions
- 1 large carrot
- 2 celery stalks
- 1 ½ cups red wine
- 2 cups chicken stock
- 30g - 1oz butter
- 2 tbsp all-purpose flour
- 1 tbsp mustard
- Salt & Pepper



Procedure

- 1) Take out your leg of lamb from the fridge 30 minutes before cooking.
- 2) Score your meat by slicing shallow cuts into the white fatty part, creating diamond shapes. Pour a little olive oil over meat and rub using your hands to cover all over. Season with salt, pepper and the smoked paprika. Massage well into the grooves.
- 3) Place a roasting pan on high heat with a little olive oil. Add the meat and sear it all around, you may need to hold in place for a minute or so. Sear it nice and golden brown all over. Leave to cool a little.
- 4) Peel 2 garlic cloves and cut each clove lengthwise into four pieces.
- 5) Pierce 8-10 holes into the meat and insert in each hole one piece of garlic using your fingers.
- 6) Break up the rosemary into a dozen pieces approx. 2cm – 1 inch long and roll half a sage leaf around the bottom of each one. Same as the garlic, pierce some holes and insert the sage and rosemary quite deeply. 10-12 in total.
- 7) Peel and slice the onions, chop carrots and celery stalk. Add them to the same roasting. Cover with 3 cups of water.
- 8) Position the roasting rack into the pan and place the lamb on the rack.
- 9) Roast in preheated convection oven at 210°F – 100°C for 120 minutes. A conventional oven will take approx. 25% longer, therefore 145 minutes. Use a meat thermometer for better accuracy. (Aim for 55°C to 60°C or 130°F to 140°F meat temp for medium rare). If leg is larger, aim for a longer cooking time but maintain same temperature.
- 10) Once cooked, remove roasting rack with meat and leave to rest 30 minutes covered in foil and a few kitchen towels.
- 11) Put the same roasting pan with onions and vegetables back on the stove at high heat. Bring to a simmer. Add the red wine, chicken stock and mustard. Continue to simmer 10 minutes.
- 12) In a pot, melt the butter and once melted add the flour, (roux) continue cooking until a light nutty brown colour.



- 13) Add contents (roux) to simmering liquid in roasting pan to thicken the gravy. Mix well and simmer a few more minutes until thickened.
- 14) Taste and finish seasoning with salt and pepper. Pass through a fine strainer.
- 15) Once the lamb has rested 30 -45 minutes, carve thin slices, and serve immediately with the hot gravy. Reheat gravy before serving. Great with green beans and buttery roast potatoes.