

 **Preparation:** 15 mins
Marinating: 12 hrs
Cooking: 4–5 hrs

 **Serves:** 6–8

 **Difficulty:** easy

Slow-roasted leg of lamb



This might just be the ultimate way to cook a leg of lamb – effortless to prepare yet guaranteed to wow your guests. Marinated with a rich rub of garlic, paprika, herbs and a touch of brown sugar, this lamb is slow-roasted to perfection, delivering a melt-in-the-mouth, flavour-packed centrepiece.

INGREDIENTS

- 1 leg of lamb (2–2.5 kg), bone-in
- 6 garlic cloves, crushed
- 2 tsp salt
- 1 tbsp mild paprika powder
- 1 tbsp dried thyme
- 1 tbsp dried rosemary
- 1 tbsp brown sugar
- 2 tsp crushed black pepper
- 2 tbsp olive oil
- 1 lemon, halved
- 250ml lamb stock

RECIPE

1. Pat the lamb dry with kitchen paper and place it in a shallow dish that fits comfortably into your fridge.
2. Mix the garlic, salt, paprika, thyme, rosemary, brown sugar and black pepper in a small bowl. Add the olive oil and juice of half the lemon to create a thick paste.
3. Rub the paste all over the lamb using your hands. Cover the dish and refrigerate for about 12 hours.
4. When you're ready to cook, preheat the oven to 150°C/130°C fan/gas 2.
5. Transfer the lamb to a roasting tin, squeeze the remaining half of the lemon over it, and pour the stock into the bottom of the tray. Cover the lamb tightly with aluminium foil to lock in the moisture.
6. Roast in the preheated oven for 4–5 hours, basting occasionally with the juices in the tray. The lamb is ready when it's tender enough to pull apart with a fork.
7. For the last 30 minutes of cooking, remove the foil to allow the lamb to develop a golden crust.
8. Once cooked, take the lamb out of the oven, loosely cover it with foil, and let it rest for 20 minutes before carving or shredding.

Serve this succulent lamb with roasted vegetables and creamy mashed potatoes, or go all out with the classic Sunday roast trimmings. And for an extra burst of flavour, don't forget to use the juices from the tray – either drizzle over the meat or mix into your gravy!

