

# Herbes De Provence Cruised Roast Lamb



## Ingredients

- 1.7kg lamb leg or shoulder
- 1 tablespoon Herbes de Provence
- 1 tablespoon dijon mustard
- 1 teaspoon sea salt flakes
- ½ teaspoon freshly ground black pepper
- 2 garlic cloves, finely grated
- 1 teaspoon lemon zest
- 2 tablespoons olive oil

## Method

1. Preheat the oven to 150 degrees Celsius for a fan forced oven.
2. Place the lamb on a roasting tray. Combine the rest of the ingredients in a small bowl and stir to mix well. Coat the lamb with the mixture, making sure to rub it over all the lamb, including the underside of the meat.
3. Place ½ cup water in the tray, cover the meat with a piece of baking paper (this helps retain moisture in the meat) and then tightly cover the whole tray with aluminium foil. Place in the oven and allow to slowly roast for 2 hours if you like the meat to be rare or 2 ½ hours if you like it medium.
4. After that time, take the tray out of the oven to remove the paper and foil and then return it to the oven for a further 10 minutes to allow the top of the meat to brown a little.
5. Remove the meat from the oven and allow it to rest for at least 20 minutes before serving.

## Cook's Note

If you like potatoes with your roast, peel 750g potatoes, cut them into large wedges and place in a bowl with the juice of one lemon, 1 tablespoon dried oregano, 1 sprig fresh rosemary, salt, pepper and 2 tablespoons of olive oil. Stir to coat the potatoes well before placing them in the same tray as the meat about 1 ½ hours before the meat is scheduled to be ready. Cover the meat again with the baking paper before replacing the foil to cover the whole tray. Return the tray to the oven to continue to roast. Once the meat is ready, take the cut out of the roasting tray onto a separate plate, turn the heat up in the oven to 200 degrees and allow the potatoes to brown up for the time the meat is resting – this ensures you have well rested juicy meat and piping hot potatoes ready to serve at the same time!