

Roast Boned Leg of Lamb with Autumn Vegetables  
(Serves 4 to 6)

**Ingredients**

1 x 3kg piece of lam leg without bone  
Sea salt  
Cracked Black pepper  
1 x bunch rosemary  
1x Garlic bulb  
¼ cup extra virgin olive oil

**Recipe**

- Roasting a leg of lamb is one of the easiest things that you can do.
- To cook simply take the piece of meat and 'stab' it with your knife. This will make some little pockets that you can then place some garlic cloves and rosemary in. The herbs will season the meat as it cooks.
- Generously rub the sea salt over the lamb, add a generous amount of black pepper and then place in a large heavy baking tray. Drizzle with the olive oil and then place in the oven on about 230°C.
- While the lamb is in the oven we can prepare the vegetables.

**Ingredients**

15 x chat potatoes  
6 x large carrots  
5 x parsnips  
6 x large red onions  
15 x brussel sprouts  
1 x bulb garlic  
1 x bunch thyme  
Sea salt  
3 x table spoons olive oil

- To keep things simple I like to roast the vegetables in their skins. It helps protect them and also adds a really nice caramelised flavour when roasted with the lamb.
- Leave the chat potatoes and the brussel sprouts whole, cut the top and the end of the carrots off then cut them in half and do the same with the parsnips
- With the onions, leave the skin on and just cut them in quarters
- Break the cloves of garlic up and separate the bunch of thyme.
- Place all the vegetables in a large bowl; add the salt and the olive oil. Mix well.
- After the meat has been cooking for about 20 minutes add all the vegetables to the tray. If the tray is too small you can take the meat out, add the vegetables and then place the meat on top. This gives the vegetables a wonderful flavour as they cook in the meat juices.
- Reduce the temperature to 200 °C and continue cooking for another 40 minutes.
- After that, take the meat out and place on a tray and cover with foil. This will rest the meat and allow the juices to flow and continue to slowly cook the meat.
- Look at the vegetables and if they require more cooking raise the oven temperature back to 230°C.

When your vegetables are done and your meat is rested (allow at least another 15 minutes). Slice the meat (and if necessary place back in the oven to reheat) place on the plates with the vegetables. Serve with some mint vinaigrette, Dijon mustard and some good sourdough.