

SWEDISH STYLE ROAST LAMB

Anchovies add a richness to this classic Swedish take on the a roast leg of lamb.

INGREDIENTS

- Approx 2kg lamb leg bone in
- 4 anchovy fillets in olive oil, drained with a little oil reserved
- 3 large garlic cloves, peeled and cut into matchsticks
- 25 softened butter
- 3 sprigs of fresh rosemary

METHOD

1. Heat the oven to 230C.
2. Using a small sharp knife, make deep narrow slits all over the leg.
3. Cut each anchovy fillet in half lengthways, then across into three.
4. In each slit on the leg, push 1 piece of anchovy and 1-2 matchsticks of garlic.
5. Spread the butter all over the outside of the lamb and season it well all over. Put any left over garlic sprinkled over the top of the lamb.
6. Place the lamb in a roasting tin with a little anchovy oil and place the rosemary sprigs on top.
7. Roast for 15 minutes, then lower the temperature to 200C and roast for the the remainder of the calculated cooking time*.
8. Serve with your favourite side of vegetables.

* To calculate cooking time, allow 16 minutes per 450g.



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