

Roast Milk-Fed Lamb with Garlic, Rosemary and Watercress



PREP TIME
5 MINS



COOK TIME
01:30:00



TOTAL TIME
01:35:00



SERVES 2 PEOPLE



EASY



Ingredients

1.5Kg milk-fed lamb, front or back quarter
Extra virgin olive oil
1 garlic bulb, cut in half
Few sprigs of fresh rosemary
Bunch of fresh watercress
Sea salt
Water

Method

Pre-heat your wood-fired oven or standard oven to 180°C/350°F/Gas Mark 4.

Start by rubbing the lamb with the garlic and olive oil. Season with sea salt all over and place skin side up on a large roasting tin. Add the rosemary sprigs and garlic you have used to rub the lamb and pour about one inch of water on the bottom of the tin. Roast the lamb for 30 minutes.

Take the lamb out of the oven and turn it skin side down, add some more fresh water to ensure you have one inch on the bottom of the tin. Brush the lamb with some olive oil and return to the oven for a further 30 minutes.

Finally, take the lamb out of the oven and turn it skin side up, add some fresh water if you need to, again about one inch. Brush the lamb with some olive oil and return to the oven for a further 30 minutes. Increase the oven temperature to 200°C/400°F/Gas Mark 6 for the last 20 minutes of cooking to crisp up the skin.

Remove the lamb from the oven and transfer onto a serving platter with the garlic and rosemary. Remove the excess oil from the cooking juices with the help of a large spoon or ladle and fine strain the juices. Check if the juices have the right seasoning, if not, add some more salt and serve with the roasted lamb and some fresh watercress scattered all over.