BASCO
GOURMET SPAIN TO YOUR DOOR

Spanish Milk-fed Lamb Recipe



PREP TIME
10 MINS

COOK TIME
1H 30 MINS

TOTAL TIME
1H 40MINS

SERVES 2 PEOPLE

EASY

Ingredients

1.5Kg milk-fed lamb, front or back quarter
1 garlic head
Extra virgin olive oil
Sea salt
Water

Method

Pre-heat your oven to 180°C/350°F/Gas Mark 4 for 30 minutes.

In a large roasting tin, rub the lamb with the garlic, drizzle with olive oil and season with sea salt. Pour the water on the bottom of the tin and roast for 30 minutes skin side up.

Take the lamb out of the oven and brush all over with the cooking juices. Turn the lamb skin side down, add some more water to the roasting tin and return to the oven for a further 30 minutes.

Take the lamb out of the oven again and brush all over with the cooking juices. Turn the lamb skin side up, add some more water to the roasting tin and return to the oven for a further 30 minutes. Increase the heat to 200°C for the last 10 minutes.

Remove the lamb from the oven and transfer onto a serving platter. Remove the excess oil from the cooking juices with the help of a spoon and fine strain the juices.

Serve with your choice of potatoes, vegetables or salad.