

# Rosemary and Garlic Roast Lamb

## *Preparation time*

20 mins

## *Cooking time*

1 – 2 hours

**Total time – varies**



## **Ingredients**

- 1 Leg of Lamb - ( approx 1 – 1.5kg to feed 4 people )
- Sprigs of fresh rosemary ( easily purchased at supermarket or fruit shop )
- Cloves of garlic ( vary quantity based on taste preference )
- 4 x carrots
- 2 x large onions, white or brown
- 2 x large Potatoes
- 1 x half a pumpkin or sweet potato
- 2 x Table spoons of flour

### **1) Get your oven ready**

- Put a shovel full of coals on the ground near your fire and sit the oven on top with the lid on to warm up. Preheating your oven makes for a much better end result.

### **2) Prepare your food**

- Take your defrosted leg of lamb from its packet and give a good rub over with some quality cooking oil.
- After peeling the garlic ( or cheating with a tube of fresh garlic ), make several small incisions randomly in the top of the meat and insert the garlic pieces into the cuts. Also shove some rosemary in and don't stress about any regularity, just where ever they end up is fine as the flavour will infuse through the entire meat.
- Top it off with some of salt and pepper and any herbs ( Italian herbs or thyme works well ) to suit your taste.
- Chop up your veggies into bite sized chunks.

### **How long to cook for ?**

**Generally you should allow around 1 hour per Kg of roast + an extra 30mins for vegetables. ( rough rule of thumb )**

- Your oven should be preheated by now so add a little oil to the oven and place the roast in the centre ideally on a trivet. If you don't have a trivet, don't stress. They just stop the meat sticking to the oven base.
- Throw the lid on and place some coals on top of the lid. Remember though, too many on top can burn the top of the meat before it's cooked right through
- Sit back and enjoy a cold drink of your choice.

### **3) Remember to keep an eye on your roast !**

- After 30 to 45 mins, carefully remove the lid ( avoid ash spilling into the oven ) and check the roast, it should be a nice greyish colour as it is starting to cook right through now.
- You can now throw in the vegetables and any extra flavouring you may like.
- Replenish / replace the coals on the lid but no more underneath just yet.
- Kick up your feet for another ½ hour or so.

### **4) Re-Check it**

- After another 30 to 45 mins check the roast and the veggies again. Use a sharp knife and press it into the vegetables to see if they are cooked and also cut a deep slice into the middle of the roast to see if it has cooked through. Depending on your preference for medium rare, medium or well done you can leave it on longer if necessary.
- If it is not ready, add another load of coals and check every 15 mins until its cooked!

### **5) MOST IMPORTANT THING HERE ! – don't forget your gravy !!!**

- Serve up your roast and vegetables.
- Grab your flour and mix 2 tables spoons with a ½ a cup of water,
- Pour this mixture into your camp oven so it mixes with the juices from the roast giving it a stir to get all that beautiful flavouring from the bottom and edges of the pot. This is the best gravy known to man honestly !
- Once it's heated up and to the consistency you prefer, carefully ( don't burn yourself ) pour it all over and then sit back and enjoy.  
The smell of this at any camp site is sure to have fellow campers hangin' around like blowflies !

## **ENJOY !**

Some camp ovens will cook differently to others depending on how big they are and what they are made of, so don't be afraid to check your roast a little more regularly than what I have mentioned above. I guarantee once you've done it a couple of times you will be an expert. I don't know what the rich people are doing but with a cold beer, a camp fire and a plate full of gourmet lamb and vegetables, life does not get any better than this !