

# Slow Roasted Mediterranean Lamb



A hearty Mediterranean inspired lamb dish.

*Recipe supplied by Australian Lamb.*

## **Ingredients**

- 1.8 kg lamb leg or shoulder
- 3 anchovy fillets
- 3 tbsp capers
- 1 tsp dried oregano
- 1 tsp dried mint
- 1 tsp dried thyme
- 1/4 cup olive oil
- 3 bay leaves
- 1 whole head of garlic
- 2 lemons
- 3 tbsp honey

120 g semi dried tomatoes  
150 g green olives  
250 ml chicken stock  
salad leaves, flatbread and mint chutney to serve  
2 bsp olive oil  
2 onion  
1.2 kg white potatoes  
1 tbsp thyme leaves  
375 ml chicken stock  
30 g butter

## **Method:**

1. In a small bowl combine the olive oil, anchovies, capers, dried herbs and lemon zest. Season very well with salt and pepper. Rub into lamb and leave to marinate covered in the fridge overnight or at least 4 hours.
2. Preheat oven to 180C (160C fan forced). Place lemon halves and garlic cloves in a large roasting dish and place lamb on top along with any marinade. Pour in stock and cover with a sheet of baking paper, then a layer of foil. Roast for 4.5 hours, basting every hour or so and topping up with extra stock or water if needed.
3. Peel and very thinly slice the potatoes and onions. Heat the oil in a large frying pan over medium-low heat and cook the onions for 15 minutes or until soft and lightly caramelised.
4. In a baking dish (approx. 2L capacity) add a tablespoon of the onion, followed by 2 layers of potatoes. Repeat with remaining onion and potato. Top with thyme leaves, season with salt and pepper. Pour over hot stock. Cover foil and place in the oven after the lamb has been cooking for 3.5 hours.
5. After 4.5 hours, increase heat to 200C and remove lamb from the oven and add semi dried tomatoes and olives to the dish, drizzle lamb with honey. Remove the foil from the potatoes and top with the butter. Place lamb and potatoes back into oven and cook a further 30 minutes until golden.
6. Serve the lamb drizzled with pan juices, with the potatoes topped with some garlic cloves squeezed out of their skins from the lamb, salad, flatbread and mint chutney.