

Lamb Roast with Mint Jelly & Rosemary



So I had a big night a week or so ago at an hilarious event at our local surf club to raise much needed funds. The event was Bogan Bingo and you are actually reading this recipe from the Bogan Bingo Queen, like actually. When I won the said title there was nothing else to do but celebrate. So when I woke up with a rather sore head the next morning, all I could think about was a Lamb Roast. As I was a little bleary eyed and fatigued from lack of sleep, I really could not be bothered with the whole baked dinner shenanigans. I had

a smallish ready rolled, easy carve Lamb Roast in the fridge (I like to plan ahead, especially when I know I'm going to be a little dusty) and I also had some mint jelly (who doesn't love good old mint jelly?) and an abundance of rosemary in the garden. Win. I was chomping at the bit for this lamb roast and the beauty of these easy carve lamb roasts is they cook in no time at all. Win win.

I paired mine with mash and a salad of rocket, roast beetroot, fetta and hazelnuts. You can however have it with anything you desire.

Prep time: 10 Minutes

Cooking time: Varies depending on size of lamb, approximately 20 minutes per 500gm is good for medium. If you have a meat thermometer 63°C is perfect

\$\$ Medium Budget

Serves 4

Olive oil for frying

1kg rolled lamb leg roast

4 tbs of mint jelly

4 sprigs of rosemary, leaves stripped and stalks discarded then finely chopped

Sea salt and cracked black pepper

2 cups of Chicken or Beef stock

1 cup of red wine

Preheat the oven to 200°C

Tear off a sheet of baking paper and sprinkle over the rosemary and season well with sea salt and pepper. Place the lamb on the edge of the rosemary and slather over the mint jelly before rolling over the rosemary, trying to coat it as evenly as possible. If you follow me on Instagram, there is a short video of me demonstrating how to do this in my favourites. If you don't follow me on instagram and would like to, just scroll to the bottom of this page and you will see a blue button underneath my Instagram photos that will allow you to do so.

Heat a heavy based, oven proof pan (if you don't have an ovenproof one, transfer to a baking tray) and add a little oil. Brown the lamb on all sides until golden and then pour in the wine. Use a wooden spoon to scrape the bottom of the pan, lower the heat and reduce for a couple of minutes before adding about half a cup of stock before transferring to the oven. Bake the lamb as per instructions provided earlier, topping up the pan with the remaining stock every 20 minutes or so. When the lamb is done, remove from the oven and allow to rest , loosely covered with foil for about 10-15 minutes before carving.

As I mentioned earlier, I served my Lamb Roast with creamy, buttery, comforting mash and crunchy, blanched green beans. I didn't bother with gravy, I just spooned over the delicious pan juices, after giving them a rigorous stir and scrape with a wooden spoon to release all of the glorious flavour from the bottom of the pan. This was the bees knees. Or in Queen Bogan terminology, the ducks nuts.

If you fancy something other than mash and have leftover rosemary, you might like to cook these.....<https://emsfoodforfriends.com.au/rosemary-and-sea-salt-roast-potatoes/>