

MARINATED LAMB



Ingredients (serves 6 people):

- 1 leg of lamb
- 200 g of grated ginger
- 2 mashed garlic heads
- 2 chopped onions
- 1 cup olive oil
- 4 sprigs of mint
- 1 branch of rosemary
- 2 juices of Sicilian lemons
- Salt to taste
- Freshly ground black pepper
- 500 ml of red wine
- 2 dry bay leaves
- 1 thyme branch
- 4 crushed cardamom seeds
- 2 broken cinnamon sticks
- 2 crumpled star anise
- 2 tbsp Indian curry
- Grated nutmeg to taste

Preparation:

1. Season the lamb the day before.
2. Mix all the spices or beat in a blender.
3. Dip the lamb in the marinade and set aside in the fridge.
4. Place the lamb in a roasting pan with a grill and strain and set aside the marinade.
5. Sprinkle the meat with the seasoning liquid and cover with aluminum foil.
5. Bake in the preheated oven at 220° C for 1 hour and 30 minutes or until the meat is tender.
6. Always water the meat with seasoning liquid to keep the meat hydrated.
7. Then remove the aluminum and return the meat to the oven for another 30 minutes to brown at 180° C, but it should not be dry.
8. Serves with mashed potatoes prepared according to recipe found in Side Dishes Recipes.