HOUNÖ

Meat

Roast leg of lamb

Made by Edwin Adkins

Ingredients

1 whole leg of lamb
3 cloves of Garlic
4 sprigs of Rosemary
Olive oil
Rock salt and pepper

Method

1. Dry the meat well with paper towel and place in a 60mm tray.
2. Blend together the peeled garlic, picked rosemary leaves and olive oil to make a paste.
3. Spread generously over the meat and allow to marinade for an hour or two in the fridge.
4. Season well before cooking

Cook according to following method:

- Preheat - 140°C - 1 min
- Note – Insert product (An alarm will sound) Remember to insert the temperature probe fully
- Combismart – 30 Humidity – 30% Fan speed - Delta T 65°C
- Hot Air - 160°C - 10 mins – 100% fan speed

After cooking

Leave the meat to rest for 15 minutes before slicing. This will help to retain the natural juices of the meat.

Recommended tray

HOUNÖ Imperial tray 60mm 1/1 GN

Chef's Tip

The 65°C core temperature in the first cooking step can be adjusted to suit your liking. Drop it to 58°C if you like the meat more medium rare.