

## **Slow Roasted Lamb**

3.5 kilo (7.7 pounds, approximately) leg of lamb

Large bulb of garlic or 8-10 large cloves

2 onions peeled and sliced into thick slices

3 carrots peeled and sliced thickly

1-2 teaspoons salt

1 teaspoon black pepper

2 teaspoons dried rosemary

olive oil to coat lamb

1/2 cup beer or 1/2 cup (120 ml) wine (red or white, as you prefer) and water to total about 3-4 cups (720 - 960 ml) to come up sides but beneath the lamb

Directions:

Remove lamb from fridge and let come to room temperature. (About an hour or so depending on kitchen temperature). Preheat oven to 325 F/170C.

In bottom of roaster place onion, carrots and garlic as a bed for the lamb. Spread olive oil all over leg of lamb and sprinkle with salt, pepper and rosemary. Pour liquid on sides of lamb in the pan (not on top you will wash away the seasoning) till just below the meat. Cover tightly with 2 layers of tinfoil. Roast covered for 4 hours, After 4 hours lamb should be soft but not falling off the bone. Remove tinfoil and continue roasting till top browns and lamb is utterly tender and beautifully browned. This additional time is about 30-45 minutes. If serving immediately, let lamb rest (recover with the same tin foil) about 20 minutes. Then slice. If you will not serve till later or next day, let cool and refrigerate covered and slice when cold. Reheats very well.