

LEG OF LAMB WITH HERBS

Ingredients for 4 people

1 leg of lamb (the frozen ones are also good)
tarragon, thyme, rosemary, mint, fennel, sage
5,6 cloves of garlic
olive oil
30/40 grams of butter
white wine and if it is possible some meat soup
salt, pepper

Preparation

Clean and rinse the lamb. Make some incisions and put some garlic and herbs. Get the herbs all over it in a uniform way.

Fry it gently also with salt and plenty of pepper.

In a casserole put some butter, oil and make the lamb half cook.

Get the oven ready at 170 degrees. Put it in the oven and cook it for the necessary time till it is well brown and the meat is very soft. You should be able to cut it with a fork (I like it so overcooked!). Cook it for at least an hour and half, but sometimes more.

Turn it over often and add some wine after a while or if you have it, the meat soup. It does not have to dry too much. If you see it is cooking too fast, reduce the temperature. It does not have to cook too fast. It is better if it does it very slow.

Serve it well hot, with some roasted potatoes (if you are able to make some good ones!)

Otherwise some cooked vegetables are good.