

FAKHADA DANI MASHWIYA

(thigh of roasted lamb by Fatma from Egypt)

Ingredients for 4 people

<i>1 thigh of lamb</i>	<i>700</i>
<i>4 roasted potatoes</i>	<i>60</i>
<i>2 tomatoes</i>	<i>150</i>
<i>cloves of garlic</i>	
<i>1 spoon of olive oil</i>	<i>100</i>
<i>salt, pepper, mixed spices with paprika as you prefer</i>	
<i>total calories (about)</i>	<i>1000</i>

Preparation

Wash the lamb carefully. If it is frozen, make it thaw the day before, best if marinated with white wine and spices.

Cut the thigh more than once and insert the cloves of garlic and the spices. With the rest of the spices, sprinkle the whole lamb.

Cover a pan (better if made of glass) with some oil, add the cut potatoes and the stock cube tomatoes.

Put in the oven for about 2 hours and a half at 160° degrees turning the lamb every once in a while, sprinkling it with its sauce and white wine.

In the last half an hour, raise the temperature to 200° degrees, turning the lamb and even the potatoes, without breaking them apart.

Preheat the plate and lay the lamb on it with tomatoes and potatoes.

Serve it very hot.

Drink a red wine with it "Nero D'avola Regaleali": it is very good.