

Serves 4-6

Roast leg of lamb

with fennel and
crispy roast potatoes

ANZCO
FOODS



Ingredients

Lamb leg

1 ANZCO Foods lamb leg

- 2 Tbsp fennel seeds, toasted
- 5 Tbsp flakey sea salt
- ½ a preserved lemon
- 2 sprigs of rosemary
- 2 large garlic cloves

Crispy roast potatoes

- 2kg peeled Agria potatoes
- Olive oil
- Fennel salt rub, leftover from the lamb leg



Method

1 Preparation of the ANZCO Foods lamb leg

Preheat oven to 220°C. Bring lamb leg to room temperature. Trim and remove any scraggly pieces of fat and excess surface membrane. Score fat in lines or diagonals - make small incisions in the top of the flesh.

Lightly toast fennel seeds in a frypan over a low heat until fragrant. Crush the fennel seeds in a pestle and mortar and stir into flakey salt. Peel and slice garlic thinly.

Drain preserved lemon on a paper towel and discard pith and flesh, retaining the rind. Make a paste of the rind with a knife and rub over the fatty top layer of the lamb leg. Generously rub in the fennel salt covering all surface areas.

Push small florets of rosemary and slices of garlic into the incisions.

2 Cooking the ANZCO Foods lamb leg

Place lamb leg into a roasting tray and cook for 10 minutes before turning the oven down to 180°C for a further 50 minutes. If the lamb leg is of a larger size, allow 60 minutes.

If using a meat thermometer, aim for 60-65°C for a medium finish.

3 Crispy roast potatoes

Place 1/2 cup olive oil in a heavy roasting pan and place into a preheated oven.

Cut your potatoes into quarters and place in a pot. Boil your potatoes for 10 minutes then drain and place over the warm pot to steam dry. The dryer the potato the better! Shake potatoes in the colander to give them a rough edge.

Tip dry potatoes into the hot oil, sprinkle with some fennel salt. Place in oven for 40-50 minutes, shaking periodically to ensure even cooking.

4 To serve

Rest the lamb for 20-30 minutes. Serve with crispy potatoes and greens.

Plate and enjoy.

