



INGREDIENTS

5 ml ground cumin
5 ml ground ginger
5 ml salt
3 ml black pepper
3 ml ground cinnamon
3 ml coriander seeds
3 ml cayenne pepper
3 ml allspice
2 ml ground cloves
250 ml pomegranate molasses
1 cm fresh ginger, finely grated
1,5 litre beef stock
1 leg of lamb, on the bone with the shank
salt and freshly ground black pepper
200 g pomegranate seeds
200 g pitted black or green olives

Middle Eastern leg of lamb

In the Middle East there's a spice mix called ras el hanout (literally "head of shop") that tastes wonderful with lamb.

We mix our own for this recipe.

Enough for 6-8

Preheat oven to 160 °C. Place all the spices in large pot over low heat and stir until aromatic, about 1 minute. Add molasses, ginger and beef stock and mix. Place leg of lamb, fatty side up, in oven roasting pan. Use sharp knife and make cuts of 1 cm depth over the length of the leg, about 1 cm apart. Pour stock over. Season well with salt and pepper. Cover pan with foil and roast covered for 2 hours. Remove foil and baste the meat with pan juices. Roast uncovered for another hour – baste with pan juices every 15 minutes. Remove from oven and allow to rest 20 minutes. Place on serving plate and sprinkle pomegranate seeds and olives over. Serve.

