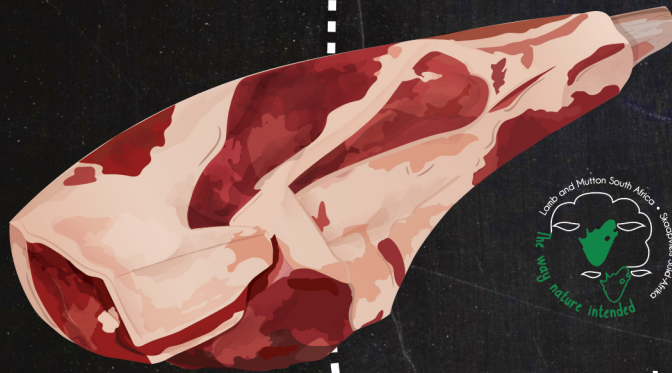


KNOW YOUR BITS



Leg of Lamb

So, you have to host a festive season lunch this year and you're already having nightmares about that leg of lamb that you've never made before. Stop stressing and keep on reading! Like always, we have your back when it comes to the #SheepThrills!

Lamb Bits Tips:



Leg of lamb on the bone is very trendy this season, marinate it overnight in 2 bottles of Greek salad dressing to add some subtle flavours and extra moisture to the final product. Baste it with some more salad dressing every 30min during cooking.



A digital scale and meat thermometer are your best friends when cooking big pieces of meat like a leg of lamb. A leg of lamb cooked at 180°C needs about 30min per 500g to cook to a medium-well doneness, add 20 minutes extra under the grill to make sure it is crispy on the outside and tender on the inside. The internal temperature of the cooked roast should then be around 74°C.



Leg of lamb steaks are the quick and easy alternative to a leg of lamb roast if you are celebrating festive season in South African braai- style. Treat it with the same respect as any other steak- grill it over hot coals and only turn it when the meat doesn't stick to the grill anymore.



A leg of lamb can be divided into 3 alternative "mini- roasts". Ask your butcher for a lamb rump, silver side or topside if you are cooking a roast for less than 4 people - you can roast these in the oven in less than an hour or braai them in a kettle braai.

For some #SheepThrills this festive season visit cookingwithlamb.com,
[@cooking_with_lamb](https://www.instagram.com/cooking_with_lamb) on Instragram,
[Healthy Meat- by Lamb and Mutton SA](https://www.facebook.com/HealthyMeat-byLambandMuttonSA) on Facebook.

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