

# leg of lamb with cumin and mint

serves 6-8



This lamb smells and tastes wonderfully fragrant, with its cumin, mint and lemon rub. In winter serve it with gravy; in summer simply with the pan juices. Buttered couscous, with some freshly chopped coriander stirred in, is a good accompaniment. Or opt for a creamy potato and parsnip gratin – and tossed green salad.

My butcher, Crombie's of Edinburgh, has wonderful Shetland lamb in the late autumn which makes this dish even more special.

## ingredients

1 leg of lamb ( 1.6 – 2 kg  
/ 3lb 8 oz – 4 lb 8 oz)

15g/1/2 oz finely chopped  
mint

the juice of 2 lemons and  
grated zest of 1 lemon

1 heaped tbsp ground  
cumin

3 tbsp extra-virgin  
olive oil



## method

Pat the meat dry with kitchen paper then prick all over with a sharp knife. Place in a non-metallic container, mix together the remaining ingredients with plenty of ground pepper, then rub all over the meat. Cover loosely and place in the refrigerator for at least 6 hours, preferably overnight.

Remove the meat about 30 minutes before cooking and place in a large roasting tin. Sprinkle with sea salt and spoon over the marinade. Place in a preheated oven (200C/400F/Gas 6) for 20 minutes then reduce to 180C/350F/Gas4 and continue to cook for a further 20 minutes per 450g/1lb, basting often.

Once the meat is done to your liking, rest for 15 – 20 minutes before carving and serve with pan juices.

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