



COOKING LESSONS

ITALIAN RECIPES

ROAST LAMB

Ingredients for 4/6 person

- 1kg Lamb
- 120 gr ham (lard)
- 2 garlic cloves
- Salt and pepper as needed
- Fresh rosemary 2 sprigs
- 80 gr Extra virgin olive oil

Preparation

Prepare a “battuto”, chopping ham lard (fat) with a garlic clove, season with salt and pepper. With a sharp knife make incisions in different parts of the lamb meat fill with the battuto adding also some rosemary sprigs. Thread the meat on the spit and cook, if possible, over coals.

During the slow cooking, oil the lamb often and season with salt and pepper: when it is half cooked, grease it using the so-called “pilotto” (see note).

When the meat is nicely golden brown, after about one hour or more, take it off the spit, cut and place on a serving plate accompanied by mixed salad and/or potatoes (fried or roasted) as you like.

Time about 1 hour

Note: The best part of lamb to use for this type cooking are usually legs and loins.

The “pilotto”: wrap a piece of lard with special brown paper and heat it on the flame. Burn a part of paper so that the lard will melt and some drops will fall, accompanied by a little flame. Keeping the “pilotto” over the meat, the drops will penetrate the meat giving flavour to it.