



RECIPES

PEPPERBERRY LAMB

1.5kg	Lamb Leg
6	Cloves of garlic crushed *
1 1/2 TBSP	The Good Salt, with native pepperberry
1 TSP	Cumin seeds
1 TSP	Fennel seeds
1/3	Cup olive oil

* I like to use roast garlic, it's sweeter. Roast a whole bulb at 170 degrees for 30 minutes until soft. Unwrap cloves and store them in oil for handy access. Store in the fridge.

METHOD

This recipe is to be marinated overnight.

In a motor and pestle add The Good Salt, garlic, cumin and fennel, pound together. Transfer to a bowl, add oil and mix together, making sure the garlic is mixed through. You will end up with a paste consistency.

Pierce your lamb multiple times with a small sharp knife.

Thoroughly rub your spice paste onto and into the lamb.

Cover and marinate over night.

Remove lamb from the fridge and set aside for at least 30 minutes to bring up to room temperature.

In a hot pan sear the lamb to seal the meat.

We recommend roasting at 180 degrees for 30 minutes per 500gm. But roast how you like it!

Allow lamb to sit for at least 20 minutes before serving.

We recommend serving this with our Bush Tzatziki, recipe online.

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