

Roast Leg of Lamb (Microwave)

Ingredients

- 2kg leg of lamb
- 3 cloves garlic, peeled and cut into slivers
- 30g (40ml) butter
- 2.5ml gravy browning or soy sauce
- 5ml rosemary
- Freshly ground black pepper to taste
- Salt to taste



Method

1. Make incisions in the meat and stuff with garlic slivers.
2. Melt butter in a bowl on 100% (High) power for 1 minute. Add browning agent and blend. Brush lamb with mixture.
3. Sprinkle with rosemary and pepper.
4. Place meat on a roasting rack or an upturned saucer in a shallow dish, place in a cooking bag or cover with a sheet of waxed paper and microwave on 100% (High) power for 8 minutes.
5. Set oven on 30% (Medium-Low) power and microwave for another 40-44 minutes. Turn meat halfway through cooking.
6. Season with salt and wrap in aluminium foil, shiny side in. Place in warming drawer and allow to stand for 15 minutes.