



CLONAKILTY

ROASTED LEG OF LAMB



By Chef Kevin Dundon

Roasted Leg of Lamb

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Method

For the Lamb

- Pre Heat the oven to 220°C
- In a bowl, combine the yogurt, mustard. Brush the leg and marinate overnight or for 30 minutes minimum if possible
- On a large roasting tray arrange the carrots, garlic and onions to form a trivet/ raft to raise the meat off the roasting tray
- Remove the leg of lamb from the fridge and place on top of the vegetables raft
- If desired, using a sharp knife make a number of incisions to the fat of the lamb and insert a few extra cloves of garlic, and sprigs of the rosemary. Season well with salt and pepper
- Place in the oven and roast in the oven for 15 minutes, then drop the temperature to 160°C and continue to roast - 40 minutes per kg - or 1hour 20minutes for this leg
- In the meantime, prepare the cucumber dressing

For the Cucumber Dressing

- In a bowl, place the cucumber and sprinkle over some salt. Let the cucumber macerate for 20 minutes. Rinse and press to remove excess water
- Place the cucumber back in the bowl and stir in the yogurt, garlic, tomato, basil leaves and lemon juice. Season with salt and pepper. And check the flavours
- Keep aside until needed
- Then, prepare the naan bread mix

For the Naan Bread



- In a bowl, combine the flour, baking powder, salt. Create a well and add the yogurt, egg, water and oil. Combine until a soft sticky dough is formed
- Divide the mixture into 8-12 equal balls and arrange on an oiled baking tray. Cover with cling film loosely and set aside for 1 hour to settle before shaping
- Preheat a griddle pan over a medium heat
- On a lightly floured surface, flatten with your hands each naan and gently place over the griddle pan for 2 – 3 minutes
- Turn the naan and cook the second side until slightly charred yet still pliable
- Brush with garlic butter and place aside on a platter, kept warm in a clean kitchen towel. Repeat until all the naans are cooked

To Serve

- Once the leg is roasted to your taste, remove from the oven, and allow the meat to rest for at least 10 minutes before carving
- Serve with the cucumber and yogurt dressing and Homemade Naan breads
- Enjoy

Ingredients

For the Lamb

- 250ml of [Irish Yogurts Clonakilty Greek Style Natural Live Yogurt](#)
- 2 tbsp Dijon mustard
- 1 bulb of garlic, halved horizontally
- 2-3 sprigs of rosemary
- 1 leg of lamb (approx. 2kg /4lb 8oz)
- 3 carrots, peeled and cut into large chunks
- 2 onions, roughly chopped
- 3 tbsp rapeseed Oil
- Salt & Pepper to season

For the Cucumber Dressing

- 200g of [Irish Yogurts Clonakilty Kefir Natural](#)
- ½ cucumber, grated
- 2 garlic cloves, chopped
- 2 tomatoes, chopped
- ½ lemon, Juiced
- 1 tsp. fresh basil leaves
- Salt and pepper

For the Naan Bread

- 300g plain flour
- 2 tsp baking powder
- 1 tbsp. table salt
- 70g of [Irish Yogurts Clonakilty Greek Style Natural Live Yogurt](#)



- ½ egg, beaten
- 150ml water, lukewarm
- 30ml rapeseed oil
- 75g garlic butter, melted

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