



Greek roasted lamb from Crete

10'

Hands on

140'

Cook Time

4-6

Portion(s)

1

Difficulty

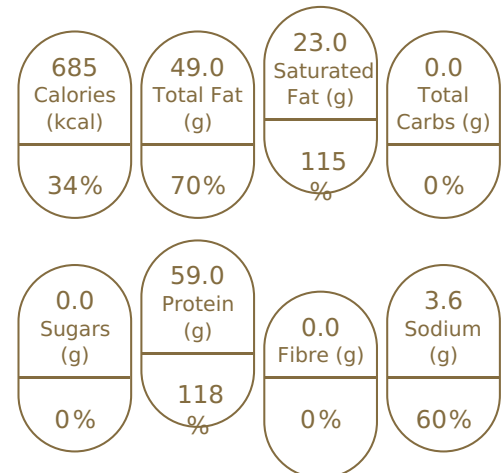


Ingredients

- 2 kilos lamb, shoulder and ribs
- 600 g red wine
- 1 tablespoon fine salt
- 8-10 sprigs rosemary
- 3 cloves of garlic
- 2 tablespoons coarse salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion



Method

- Preheat oven to 200* C (390* F) Fan.
- Place a [saucepan](#) over heat and let it get hot.
- Add the red wine, fine salt and rosemary. Let it come to a boil.
- Pierce the meat with a [knife](#) to make small openings. Fill the openings with chopped garlic and small bunches of rosemary.
- Spread the coarse salt over the meat evenly with your hands.
- Place the meat in a roasting pan fitted with a wire rack and brush with the wine mixture.
- Roast for 20 minutes, then lower oven temperature to 180* C (350* F) Fan and roast for 1 ½ - 2 hours. Brush the meat with the wine mixture every 15-20 minutes.
- When ready, remove from oven, transfer to a [chopping board](#) and cut into pieces.