



In the last issue of Green & Red Magazine our culinary expert Catrin George showed us how to cook up a delicious traditional Cataplana. This edition she presents her recipe for roast lamb Portuguese style.

A selection of vegetables fresh from the daily market – carrots, broccoli, green beans, cauliflower – should accompany this typical dish of roast lamb Portuguese style.

Roast Lamb Portuguese Style

Roast Lamb with baked potatoes

Ingredients

1 leg of lamb with bone
Half litre of red wine
3 tbsp. pork grease
2 onions, finely chopped
1 leek cut in slices
2 carrots, cut in quarters
6 garlic cloves, peeled and squeezed
4 gloves of Garlic, 2 bayleaf, pepper, salt, red sweet-pepper, cumin, anis, mustard

Preparation:

Make a smooth mixture of all the spices and using your fingers or a thin brush rub it all over the meat. Leave to marinate for 2 hours.

Preheat the oven to 220°C

Grease an oven roast tray with the pork fat and make a bed with the vegetables.

Place the leg of lamb on top of the vegetables and pour half of the red wine over the meat.

Let the lamb roast for about 2 hours, turning it over from time to time while adding more red wine. If necessary add water.

The meat will be well cooked in two hours and should fall off the bone. Take the bone out and cut the meat in portions. (One leg of lamb should give

4-5 portions)

Save the cooking juices, sift them through a sieve and you will get a tasty sauce to accompany the lamb.

Baked Potatoes

Ingredients:

1 large potato per person, peeled and cut in 6-8 wedges
4-5 onions cut in half, finely sliced
4-5 garlic cloves, chopped
salt pepper, red sweet-pepper, bayleaf
white wine
olive oil

Preparation:

Deep fry the potato wedges.

Heat the olive oil in a heavy pan. Cook the onions with the garlic and bayleaf until soft. Flavour with salt and pepper. Add the white wine and bring to a boil.

Mix the potato wedges with the onion fond and place the mixture into a small roast tray to bake in the oven for 10 to 15 minutes.

Catrin George

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