



Traditional Israeli Lamb Recipe

Israeli-Style Roasted Lamb with Garlic, Herbs & Olive Oil

Inspired by lamb preparations common throughout Israel, using ingredients long known in the land: olive oil, garlic, herbs, and salt.

Ingredients

- 3–4 lb lamb shoulder or leg
- 6 cloves garlic, sliced
- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1½ teaspoons ground cumin
- 1 teaspoon paprika 1 teaspoon dried oregano or thyme

Optional: fresh rosemary or thyme sprigs

Instructions

1. **Prepare the Lamb**

Pat the lamb dry.

With a small knife, make small slits all over the meat and insert garlic slices.

2. **Season Generously**

In a bowl, mix olive oil, lemon juice, salt, pepper, cumin, paprika, and herbs.

Rub the mixture over the entire lamb.

3. **Marinate (Optional but Traditional)**

Cover and refrigerate 4–12 hours.

(Historically, lamb was often seasoned and rested before cooking.)

4. **Roast Slowly**

Preheat oven to 325°F (165°C).

Place lamb in a roasting pan, cover loosely with foil.

Roast for about 3–3½ hours, basting occasionally.

5. **Brown the Outside**


Remove foil for the last 30 minutes to brown the lamb.

6. **Rest and Serve**

Remove from oven and let rest 15–20 minutes.

Slice and serve warm.

Serving Tradition

- Served with flatbread or pita
- Accompanied by lentils, roasted vegetables, or herbs
- Often shared at Sabbath meals or festivals
-  **Biblical Reflection**

Lamb has deep meaning in Scripture—as provision, sacrifice, and fellowship.

“And ye shall keep it until the fourteenth day of the same month: and the whole assembly... shall kill it in the evening.”

— Exodus 12:6 (KJV)

Oven Alternative (More Ancient-Style)

- Roast covered in a clay dish or Dutch oven
- Lower heat, longer time for tenderness