



Roast Leg of Lamb with Rich Gravy

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Tender Roast Leg of Lamb coated with a simple but flavourful herb and lemon rub and served with rich, meaty gravy.

Course Dinner **Cuisine** British

Keyword How to make a roast dinner, How to roast a leg of lamb, roast dinner, sunday roast

Prep Time 15 minutes **Cook Time** 2 hours **Resting time** 30 minutes

Total Time 2 hours 45 minutes

Servings 6

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Ingredients

- 2 kg leg of lamb
- 1 tbsp olive oil
- ½ tsp garlic salt
- ½ tsp Maldon salt
- ½ tsp black pepper
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Finely grated zest of 1 lemon

For the gravy:

- Meat juices from your roasted lamb
- 2 lamb stock cubes crumbled
- 1 beef stock cube crumbled
- 3 cups 720ml hot vegetable stock - from your boiled/steamed vegetables and potatoes
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp cornflour/cornstarch
- 5 tbsp cold water

Instructions

1. Remove the lamb from the fridge about an hour before cooking – to allow it to come up to room temperature.
2. Preheat the oven to 180C/350F

3. Mix together the olive oil, garlic salt, salt, pepper, rosemary, thyme and lemon zest to form a thick paste.
4. Spread the paste all over the lamb.
5. Place the lamb in a large roasting tin and place in the oven. Cook for 2 hours (this will cook it to medium).
6. Remove from the oven and place on a warm plate to rest for 30 minutes.
7. To make the gravy, place the roasting tin on the hob (or transfer the meat juices to a saucepan – be sure to scrape up any bits from the tin – that’s where all the flavour is).
8. Sprinkle on the crumbled stock cubes.
9. Stir together whilst pouring in the hot vegetable water. Bring to the boil and lightly season with salt and pepper.
10. Stir in a the cornstarch slurry using a whisk, until the gravy thickens. Allow to bubble then turn off the heat.
11. Serve the roast lamb with the gravy, mint sauce, [roast potatoes](#), [carrots](#) and green veg - such as green beans or [sprouts](#).

Notes

The Lamb:

Go for grass-fed lamb for the absolute best flavour. You're looking for a lamb leg with a layer of fat on the outside, and lightly marbled with fat on the inside.

Welsh lamb is my favourite, but New Zealand lamb is great too.

Different lamb leg size?

Here are the recommended cooking times for full leg and half leg joints:

Medium: Cook for 25 minutes per 500g (1.1lbs), **plus** an extra 20-25 minutes at 180C/350F - until the internal temperature of the lamb is 60C.

Well done: Cook for 30 minutes per 500g (1.1lbs), **plus** an extra 25-30 minutes at 180C/350F - until the internal temperature of the lamb is 70C.

Nutritional information is per serving including gravy.

Nutritional Information

Calories: 304kcal | Carbohydrates: 3g | Protein: 44g | Fat: 12g | Saturated Fat: 4g | Cholesterol: 134mg | Sodium: 1102mg | Potassium: 607mg | Fiber: 1g | Sugar: 1g | Calcium: 20mg | Iron: 4mg



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