



# Recipe

## Kleftiko

Recipe serves - 4 people

Ingredients	Amount
Lamb shoulder	2 kg
Garlic cloves	10 cloves
Whole garlic bulb (cut in half)	1 bulb
Rosemary	3 sprigs
Dried oregano	1 tablespoon
Cinnamon	1/2 teaspoon
Crushed black pepper	1/4 teaspoon
Sea salt	1 1/2 teaspoons
Organic low sodium stock cube (such as Kallo)	1 cube
Lemon zest	1 teaspoon
Olive oil	4 tablespoons
Lemon juice	2 lemons
Bay leaf	3 bay leaves
Cherry tomatoes	1 pack
Red pepper (chopped in to large squares)	1 pepper
Waxy potatoes (cut into wedges)	1 kg
Brown onion (cut in quarts)	1 onion



### NOTES

Two empty rectangular boxes for notes.

### Instructions:

- Using the back of a knife, roughly crush the garlic cloves. Place the crushed garlic in bowl with the salt, pepper, cinnamon, oregano, stock cube, lemon zest, olive oil and two sprigs of the rosemary and mix well. Place the lamb into a shallow dish and rub this mixture all over the lamb and squeeze the juice of one lemon all over the lamb. Place the lemon shells under the lamb together with the bay leaves. Cover and refrigerate over night.
- The next day, take the lamb out of the fridge 1 hour before you want to cook it. Heat oven to 160C. Lay 2 long pieces of baking parchment on top of 2 long pieces of foil – one widthways, the other lengthways to form a cross onto a baking tray.
- Place the potatoes, red pepper and cherry tomatoes in the centre of the parchment and drizzle a little more olive oil and season with a salt and pepper and the last rosemary sprig. Squeeze the juice of the other lemon on to the potatoes. Place the lamb on top of the vegetables tucking in the bay leaves, lemon shells and garlic bulb halves in between the bone and under the lamb.
- Scrunch the foil up to completely close the lamb. Double wrap the lamb parcel in a another layer of foil to ensure the juices don't escape. Add 1/4 cup of water to the baking tray. (This is just to stop any juices that leak from the package from burning when you cook it.)
- Roast in the oven for 4½ hours. Remove baking tray from the oven and increase the temperature to 200C. Unwrap the parcel by using scissors and scrunch the foil towards the sides, baste the lamb with the juices and return to the oven for a further 20 mins until it starts to crisp. Remove the lamb from the tray and place on a plate covered with foil to rest. Return the potatoes to the oven for another 30 mins.
- Serve the lamb with the vegetables and meaty juices on a serving dish with a greek salad and tzaziki on the side.