

Roasted lamb



Provincia

Burgos

Ingredients

- A quarter of lamb.
- 120 grams of butter.
- Salt.

Preparation method

Place the lamb in a clay pot and add a little water, along with the butter and salt. Season it inside and out. Put the clay pot with the chops of the lamb upwards and let it for one hour and a half at medium heat (190 °C).

Turn the lamb and put the oven over a high heat, so that the skin gets brown and acquires a crunchy consistency during the last quarter of an hour.

Recommendations:

Put the chops upwards at the beginning of the roast (it is recommended to acquire the lamb of the PGI of the lamb of Castilla y León, or other brands of guarantee of Castilla y León). Two turns are enough, but if you watch it and you consider it, you can give some more and take advantage to add a little water and butter.

Lamb roasts go well with herbs and sauces with a little garlic, wine and vinegar in general.

The lamb is served in the same clay pot, keeping its warmth, as well as making it more attractive. To accompany it, a simple salad of lettuce and tomato can be enough, with either a little onion or chives.