



Perfect Roasted Lamb



Ingredients: (for 3- 4 persons)

1 Leg of Lamb (about 1 – 1, 4 Kilos)
Water
Salt

How to prepare:

The secret (if there is one) is this: The first thing to do is soak the lamb in water during 2 hours. This is to “hydrate the lamb”. During this time, the lamb absorbs water and after, when we are cooking it, that water will make the lamb tender.

Preheat the oven to 190°C. Put the lamb in a baking pot with salt and ¼ glass of water. Roast lamb during 2 hours and... ¡it's ready!.

Easy & perfect!

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