

AMAZI MARINATED DEBONED BUTTERFLIED LEG OF LAMB WITH A CHIMICHURRI SAUCE



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Serves 6 - 8

Prep time 10 minutes + 24 hours
marinating; Sauce 15 minutes

Cooking time 30-40 minutes +
15 minute resting time

Total time 1 hour + marinating
time

LAMB

1,5 kg Leg of lamb, deboned and
opened butterfly style
2 teaspoons Salt
½ teaspoon Freshly ground pepper

MARINADE

500 ml Amazi
2 cloves Garlic
6-8 sprigs Fresh Rosemary

BASTING SAUCE

¼ cup Olive oil
2 tablespoons Melted butter
1 clove Garlic, finely chopped
1 tablespoon Balsamic vinegar
1 Lemon, juice and zest

CHIMICHURRI SAUCE

1/3 cup Red onion, roughly
chopped
3 cloves Garlic, peeled and
roughly chopped
¼ cup Red wine vinegar
3 tablespoons Lemon juice,
freshly squeezed
1 cup Fresh parsley, Italian
style flat leaf
¼ cup Fresh cilantro
¼ cup Fresh oregano
½ teaspoon Red pepper flakes
or 1 tablespoon fresh red chili,
chopped
½ teaspoon Ground coriander
½ cup Olive oil
1 teaspoon Salt
½ teaspoon Freshly ground
pepper

PREPARE THE LAMB

1 Prepare the lamb the day
before you want to cook it
2 Open up the deboned
leg of lamb and lay it flat
on a chopping board,
skin-side down
3 Using a
sharp knife make an
incision halfway into the
flesh on each side where
the meat is thicker and
open it out to look like an
open book
4 This will give
you a flat piece of lamb of
more or less even thickness
5 Prepare the marinade
6 Mix the Amazi with the
garlic and herbs and pour
into a large Ziplock bag
7 Slide the butterflied lamb
into the bag and seal
8 Massage the bag well to
get the marinade into all
parts of the meat
9 Refrigerate for 24 hours
(3 hours minimum)
10 Remove the meat from
the fridge at least 1 hour
prior to cooking, so that the
lamb comes up to room
temperature and cooks
evenly
11 Remove the meat
from the Ziplock bag and
wipe off most of the
marinade
12 Reserve the
marinade and prepare the
basting sauce by mixing
the oil, butter, garlic,
balsamic and lemon juice
together
13 Season the
lamb with salt and pepper
14 Preheat your barbeque/
weber until very hot
15 Once hot, cook the
meat, fat side down for
15 minutes on a side until
nicely browned, basting
from time to time
16 Turn
the meat over and cook on
the other side
17 Cook the
meat for 40-45 minutes in
total, or until medium rare
(internal temperature in the
thickest part must register
57°C after resting 62°C) or
until required doneness

18 Transfer the lamb to a
warm platter and let it rest
for 15 minutes, covered
loosely with foil
19 Slice
thinly across the grain
20
Garnish with grilled lemons
and fresh rosemary on the
side

PREPARE THE SAUCE:

[SAUCE CAN BE MADE 1-3
DAYS AHEAD OF SERVING]

1 Combine the red onion,
garlic, vinegar, and lemon
juice in a small bowl and
leave to marinate for 10
minutes
2 Transfer the
garlic mixture and liquids to
a food processor or blender
fitted with a metal blade
3 Add the parsley, cilantro,
oregano, and chili and
pulse a couple of times to
chop the herbs finely
4 With the motor running
add the oil slowly, stop the
machine, scrape down the
sides and add the
coriander, olive oil, salt, and
pepper
5 Pulse to combine
6 Store in a jar in the
refrigerator for later use

NOTE: A meaty sauce can
be made by roasting the
lamb bones in a hot oven.
Prepare the bones and a
quartered onion in a
roasting pan, season and
roast in a hot oven
200°C for an hour. Remove
the roasted lamb bones
from the roasting pan.
Pour a cup of hot water or
stock into the pan and
loosen the roasted bits from
the pan add ½ cup of the
retained marinade and stir
until blended. Season with
salt and pepper. Strain the
sauce and pour into a
gravy boat to serve with
the lamb.

