



Harissa roast leg of lamb

A showstopper of a roast, and a wonderful change from the traditional Sunday joint. A fiery, smoky harissa rub of red chillies, garlic and warm spices works beautifully with the richness of the lamb, while a slow roast leaves the meat meltingly tender. Perfect for feeding a crowd, served with Molly's signature flatbreads to mop up all those gorgeous juices.

INGREDIENTS

For the lamb

- 1 leg of lamb, bone in (about 2kg)
- Sea salt and black pepper

For the harissa rub

- 4–5 red chillies, deseeded (adjust to taste)
- 5 garlic cloves
- 1 small bunch fresh coriander
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tbsp soft brown sugar
- Zest and juice of 1 lemon
- 100ml olive oil
- 1 tsp sea salt

To serve

- Greek yoghurt mixed with a little chopped mint
- Molly's signature flatbreads

METHOD

1. Make the rub first. Gently toast the cumin, coriander and fennel seeds in a dry pan for a minute or two until fragrant, then tip into a blender.
2. Add the chillies, garlic, fresh coriander, brown sugar, lemon zest and juice, olive oil and salt. Blend to a smooth paste.
3. Sit the lamb in a large dish and cut several slits across the top with a sharp knife. Rub the harissa paste all over, working it into the slits. Cover and leave to marinate in the fridge, ideally overnight, or for at least a couple of hours.
4. Take the lamb out of the fridge about an hour before cooking, so it comes up to room temperature. Heat the oven to 150°C (fan 130°C / gas 2).
5. Place the lamb in a large roasting tin, cover tightly with foil, and roast slowly for about 2½ hours.
6. Remove the foil and return the lamb to the oven, uncovered, for a further 30 minutes or so — until it is beautifully tender and lightly charred on top.
7. Rest the lamb, loosely covered with foil, for 15 to 20 minutes before carving.
8. Serve with a cooling minted yoghurt and Molly's signature flatbreads to soak up the juices.

COOK'S NOTES

- Adjust the heat: use fewer chillies, or remove all the seeds, for a milder rub — or leave some seeds in for more fire.
- Make ahead: the harissa rub can be made up to two days ahead and kept in the fridge, and the lamb marinated overnight for the deepest flavour.
- Add vegetables: red onions, peppers or aubergine roast beautifully in the spiced juices — add them to the tin when you remove the foil.

SERVES

6

PREP

20 mins
(plus marinating)

COOK

3 hours

DIFFICULTY

Easy



SAVE TIME

We stock a ready-made Al'fez harissa paste to make life easier.



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Everything you need for this dish is available from Roots & Vines, Tavistock.

Roots & Vines