



**LAMB SPIT ROAST
COOKING GUIDE**

Volume 2 - Roast Lamb/Gyros



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LAMB ROASTS/GYROS

SANTORINIAN SPICED LAMB

Ingredients

- 6kg lamb (gyros)
- 30g cumin powder
- 45g salt
- 20g pepper
- 100g crushed onions
- 3 tablespoons olive oil
- Basting mixture: 100ml olive oil, 50ml lemon juice

Method:

Marinate the lamb in salt, pepper, cumin powder onions and olive oil overnight. Make sure all the meat is well covered with the marinade.

Mix the olive oil and lemon juice and baste using a sprig of rosemary every 15-20minutes.

Cooking time:

3 Hours



Pictured above: The lamb being carved in stages

SWEET PAPRIKAN SPICED LAMB

Ingredients

- 4 kg lamb (gyros)
- 15g oregano (freshly ground is preferable)
- 5 garlic cloves finely chopped or blended in food processor
- 50g sea salt
- 30g sweet paprika
- 20g freshly ground black pepper
- 2 large onions finely chopped or blended in food processor
- 100mL lemon juice
- 100mL olive oil
- Sprig of rosemary approximately 15cm in length

Method

Mix all the above mentioned ingredients except for the lemon juice and oil and allow meat to marinate. The blended onion should add moisture to the marinade, however if this is too dry, add some olive oil.

Pour the lemon juice and olive oil into a jar and use this mixture to baste the lamb using the rosemary sprig every 15-20minutes.

Do not wait for the lamb to be cooked all the way through before carving. Gyros lamb is designed to be carved layer by layer.

Cooking time:

Approximately 3 hours



Pictured above: Carve the meat in stages

BUTTER WINE LAMB SHOULDERS

Ingredients

- 3 kg lamb shoulders
- 4 thinly chopped cloves of garlic
- 4 heaped tablespoons of Dijon mustard
- 25g sea salt
- 10g freshly ground black pepper
- 1 cup dry white wine
- 50g salted butter
- Sprig of rosemary approximately 15cm in length

Method

Mix the mustard, salt, pepper and onions and coat the outside of the meat with this mixture. Cut slits in meat & insert the thinly chopped cloves of garlic.

Mix the melted butter and dry wine into a jar and use this mixture to baste the meat every 15 minutes using a sprig of rosemary.

Cooking time

Approximately 2.5hours



Pictured Above: Lamb shoulders approximately 2 hours into the cooking process.

MUSTARD, HONEY & SOY LAMB ROAST

Ingredients

- 4kg lamb roast
- 10 tablespoons soy sauce
- 3 tablespoons honey
- 3 tablespoons mustard (mild or hot)
- 10 grams mixed herbs

Method

Marinate lamb roast in a mixture of mustard, soy sauce, honey (heat to make the honey soft) and mixed herbs. The longer you allow the meat to marinate the better. To get a more intense flavour, make small incisions into the flesh to allow the marinade to go right through the lamb.

Cooking time

3 hours

Approximately



Pictured Above: Lamb roast approximately 1 hour into the cooking process.

LAMB AND VEGETABLE SKEWERS

Ingredients

- 2kgs diced lamb (cut into 1 inch thick cubes)
- 1 capsicum (cut into 1 inch wide pieces)
- 1 onion (cut into 1 inch wide pieces)
- 1 zucchini (cut into 1cm thick round pieces)
- 4 tablespoons salt
- 2 tablespoons pepper
- Dash of olive oil
- Juice from 1 lemon

Method

Mix the all ingredients in a bowl and allow to stand for 1 hour prior to skewering.

Skewer the lamb, capsicum, zucchini and onion onto the kebab skewers, alternating between the 4 ingredients.

If you do not have a motorised rotisserie skewers cooked over a charcoal BBQ will suffice. Just remember to turn after 5 minutes.

Cooking time:

Approximately 10 minutes



Pictured Above: Skewers take less than 10 minutes to cook over a bed of hot coals