

# Kamado Cookers Australia

## Easy Cooking Recipe Selection

### Lunch Recipe Recipes

### Melbourne Lamb Sandwich



Cooking temp guide - on the Grill Dome dial 340 - 400f

Cooking time - 1 ½ - 2 Hours Approx

Skill level - Medium!

Prep time - 15 minutes

Wow factor - High!

### KCA Melbourne Lamb Sandwich

Why Melbourne???? A) Victorian lamb is very good, and there are lots of people from the Mediterranean living in Melbourne, and this dish is very inspired from the Mediterranean. (I also remember lots of lamb sandwiches in the wee hours of the night near the Melbourne social watering holes in my youth!!) .

- \*1 nice spring leg of lamb
- \*1 Handful of fresh rosemary branches, leaves on.
- \*1 bulb fresh garlic
- \*Extra virgin olive oil, good quality.
- \*2 lemons
- \*2 heaped table spoons of cracked black pepper
- \*3-4 table spoon of flaked sea salt, must be flaked
- \*1 Turkish bread, good quality
- \*1 punnet cherry roma tomato's, normal cherry will do also
- \*1 bunch fresh asparagus, freshly blanched
- \*1 bowl full of baby spinach leaves
- \*1/3 red salad onion, finely sliced
- \*1/2 tub greek style natural yogurt, a nice one.

*To prepare the lamb, cut some fine slits in the top and in a bowl rub with lots of Olive oil, Flaked sea salt, Cracked pepper, crushed garlic, rosemary leaves and ½ a juiced lemon.*

*Place some fine wedges of lemon into the top slits in the lamb and also some small slithers of garlic under the skin.*

*Dust the top with more flakes of sea salt.*

*Let stand at room temp for a little while before cooking, ideally during your pre heat time on the Kamado!*

*\*Trick, just before being ready to cook, smash ½ a bulb of garlic, skin on with your heavy knife blade, place it and a hand full of soaked rosemary sticks (leaves on) directly onto the coals.*

*This will create a great rosemary and garlic smoke that will drive your neighbours wild! Close the lid to about 75-90% closed, bottom vent will be approx 2 fingers+ width open. Then quickly move to the next step.*

*When roasting lamb on the Kamado I like to place the top of the lamb face down onto the hot pre heated grid. This 'seals' the top and creating a nice 'brown' this should take around 8-10 minutes, there will be a lot of smoke at this point and 'flame back' action of the charcoal, this can be done at a higher temp also.*

*Then you should turn the lamb over on to some baking paper and or foil, reinsert the lemon wedges to the top etc.*

*Lamb is fatty and what we want to do here is roast it with not too much of the fat dripping down onto the coals, use a drip tray with the second grid in the underneath position if you want. There is a lot of fat in lamb and too much dripping onto the coals will result in a 'bitter fatty smoke' to your palate and also way too much smoke and possibly flame action!*

*The best way to check if the lamb is cooked is insert a 'Maverick' digital temp probe (or other brand meat/food thermometer) into the deepest part of the joint. You are looking for an internal meat temp of around 65+ c this would be medium. Remember you can always increase you cook if it's not cooked enough, but you can't 'decrease' the level of 'cookedness'!*

*\*Tip, REST the meat, cover it in foil, shiny side down for 10 minutes at least, this will help the meat relax, the juices will settle, and during this time it actually continues to cook a little!*

*During the cook you will have prepared a salad of fresh washed baby spinach leaves, sliced salad onion, blanched asparagus. The dressing is simply fresh lemon juice sea salt and cracked black pepper and virgin olive oil.*

*While the meat is resting, open up the cooker vents to increase temp, dress Turkish bread with some olive oil and seal salt, bake in cooker for 5-10 minutes turn once to bake both sides. Also roast the cherry tomato's in the cooker during the same time.*

*To serve, slice lamb and lay onto warm sliced Turkish bread, garnish with a large spoon of Greek yogurt, lemon wedge and a drizzle of virgin olive oil and cracked black pepper.*

*Serve with the freshly dressed salad that has now had the roasted cherry tomato's added to it.*

*If you have done well you will also have managed to sneak off with the leg shank and a glass of wine before anyone notices its gone,,,,, mmmmm... good!*

*This recipe doesn't need any other spices, herbs, sauces etc it works really well with the simple ingredient list. Your lamb should also have a nice 'smoke ring' on the outer layer of the meat from our garlic and rosemary. I like to add a fair bit of salt to the exterior of the meat as It really helps make an extremely tasty 'skin', some of the salt flakes also fall of into the coals during the cook creating a bit of 'action' in the cooker also.*

*Enjoy!*