



BUTCHERS HELPER

Recipe Card



The Perfect BBQ Game Bird
“the butchers touch in every tin”

Cooking the Lamb Roast

Pre heat oven to 220C, For best results moisten surface with olive oil then sprinkle butchers rub 12 spice generously onto lamb roast (leg, shoulder or rack), Sear in oven for 20 min then remove and baste well with dripping and place ready vegetables around meat. Reduce oven temp to 180C and cook for 40 - 45 min per Kg of meat, basting the lamb every 20 -30 min and turning vegetables. When cooked remove lamb and cover loosely with foil resting for 15 min. Return vegetables to oven and increase temp to 200C until golden and tender.

