

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Spiced Barbecued Lamb with Batata Harra

Ingredients Serves 8

1 butterflied leg of lamb, about 2½kg/5lb
8oz

Marinade

2½ cm piece of fresh ginger, chopped
4 garlic cloves, roughly chopped

1 tbsp each turmeric, garam masala and
cumin seeds
1 tsp paprika
Handful of coriander
Juice of 1 lemon
150ml natural plain yoghurt

Method

Using a hand blender or mini food processor, blend the marinade ingredients to a smooth paste. Season with salt. Lay the lamb in a ceramic dish and coat with the marinade. Cover and leave to marinate in the fridge for 4hrs or overnight.

To barbecue – Lift the lamb out of the marinade and barbecue flesh side down over a medium heat for about 25 minutes. Turn the lamb over onto the fat side and cook for a further 15 minutes. When the lamb has a dark brown crust and is cooked to your liking, remove and leave to rest, lightly covered with foil for 15 minutes.

Oven roast – Roast the lamb in a 200°C oven for about 1 hour for pink meat or for a further 10-20 minutes if you don't like it pink.

Carve the lamb into thick slices and serve with the Batata Harra and some sliced red onion.

Batata Harra

Ingredients Serve 8

6 large potatoes, peeled
3 tbsp olive oil
2 minced garlic cloves
2 tsp coriander seeds or 1 tsp ground
coriander

1 tsp crushed chilli flakes
2 tsp ground turmeric
Juice of 1 lime
Handful of coriander, dill and parsley
herb leaves, chopped
Salt and pepper

Method

Boil potatoes until cooked but still firm. Drain and cool slightly. Cut into bite size pieces. Heat the oil in a pan and stir in the garlic, chilli flakes and coriander seeds. Cook for 2-3 minutes then add the turmeric and lime juice. Add the potatoes and mix to coat. Add ½ the coriander, dill and parsley leaves. Cook for 4 minutes. Season with salt and pepper. Remove from the heat and top with the remaining chopped fresh herbs and some more chilli flakes if you wish for extra chilli heat. Serve with the lamb.

Lamb - Approx per person

KCals 519, Fat 30g, Carbs 1g, Protein
32g

Batata Harra – Approx per person

Kcals 220, Fat 7g, Carbs 35g, Protein 4g