

## Roast loin of lamb with a spicy rub



### Ingredients

- 1 tsp heaped ground cumin
- 1 tsp heaped ground coriander
- 4-5 tbsp olive oil
- 1 double loin of lamb, boned, rolled and tied with string (ask your butcher to do this)
- 300 ml lamb stock, or chicken stock

### Method

1. Preheat the oven to 180C/fan 160C/gas 4.
2. Sprinkle the spices and a good pinch of salt and pepper onto a plate. Rub 2–3 tablespoons of olive oil into the lamb, then roll it in the spicy seasoning.
3. Place 2 tablespoons of the remaining olive oil in an ovenproof frying pan or roasting tin and set it on a high heat. When the oil is hot, add the lamb and sear the meat by cooking it – turning every 2–3 minutes – until browned all over. Transfer to the oven and cook for 50–70 minutes, depending on how well done you like your lamb.
4. When the lamb is cooked, take it out of the oven, cover in foil, transfer to a warmed serving plate or separate roasting tin and allow to rest somewhere warm (such as in the oven with the heat turned off) for at least 15 minutes – preferably between 30 minutes and a couple of hours.
5. While the lamb is resting, make some gravy. Pour off any excess fat from the pan or tin, then place the pan on a medium heat and deglaze by pouring in the stock, whisking continuously to dissolve the caramelised juices sticking to the bottom of the pan. Bring to the boil, seasoning with salt and pepper if necessary, then pour into a jug to serve straight away or place in a saucepan and reheat when ready to serve