

# Lamb Barbacoa Recipe

*With Roast Sweet Potato and Red Cabbage Slaw*

## Ingredients

Whole lamb leg (about 1.5kg)

1 large onion

2 orange

3 bay leaves

3 cinnamon sticks

1tbsp chipotle paste

6 cloves of garlic

500ml chicken stock

2tbsp cumin powder

2tbsp coriander powder

1tsp cinnamon powder

1tbsp cider vinegar

1tbsp dark brown sugar

1. Preheat your oven to 190oC, 375oF, gas mark 5. Using a sharp knife gently score the outside of the lamb then rub salt all over the lamb. Place a large saucepan on a medium high heat and add 2tbsp of oil to the pan. When the pan is hot place the lamb in the pan and brown each side of the lamb being careful not to let the lamb burn. Once the lamb is brown on all sides place to one side.
2. To make the marinade place the chipotle paste, garlic, chicken stock, cumin powder, coriander powder, cinnamon powder, cider vinegar, juice of one orange and brown sugar into a food processor or blender. Blend till smooth.
3. Peel and roughly slice the onion and roughly slice the remaining orange. Line the bottom of either a deep roasting pan or an oven proof pot (like a dutch oven) with the orange and onion and place the lamb on top. Add the cinnamon sticks and bay leaves then pour over the marinade.
4. Cover the tin tightly with foil or place lid on top and place in the oven for 3-4 hours, you'll know when it's done when lamb is easy pull apart and is falling of the bone.
5. Using two forks pull apart the lamb and place on a serving dish. Strain the remain juices from the roasting tin then pour over the lamb.

## Roast Sweet Potato

### Ingredients

3-4 large sweet potatoes  
1 lime  
1 tbsp brown sugar  
1 tsp chipotle paste

1. Peel the sweet potatoes then chop in rough chip shapes.
2. Place the sweet potato, brown sugar, chipotle paste, juice of 1 lime, 2tbsp of veg oil and season well with salt and pepper and toss together well so the sweet potato is well coated.
3. Place in the same oven as the lamb for 40min or until the sweet potato is soft. Once cooked place in a serving dish.

## Red Cabbage Slaw

### Ingredients

1 red cabbage  
2 limes  
1 large carrot  
1 red onion  
2 tbsp cider vinegar

1. Peel the outer leaves of the red cabbage then quarter it and remove the core, then finely slice and place in a larger bowl.
2. Peel and the carrot then grate into the red cabbage bowl, peel the onion and finely slice then add to the bowl.
3. Add the juice of two limes and the cider vinegar to the bowl and season generously with salt and pepper. Serve in the bowl you mixed in and place in a new serving bowl, enjoy!