



KAMBING BAKAR DENGAN ROSEMARY

Bahan-bahan:

16 potongan kambing
Limon untuk hidangan

Bahan-bahan Perap:

125ml Santan Kelapa M&S
1 sudu besar lada hitam
1 sudu besar garam
2 sudu besar cuka balsamic
2 sudu besar gula merah halus
Bahan-bahan Pes Rosemary:
5 tangkai rosemary / 1 sudu besar rosemary kering
2 sudu besar Santan Kelapa M&S
6 ulas bawang putih
1 sudu teh garam (ditumbuk hingga halus)

Hidangan:

4

Cara Penyediaan:

1. Perap potongan kambing selama 1 jam.
2. Panaskan ketuhar ke 200°C. Keluarkan potongan kambing daripada perap dan letakkan dalam dulang yang digris dengan minyak masak. Sapu sedikit minyak masak ke atas daging.
3. Bakar kambing selama 10 minit, terbalikkannya, sapu pes rosemary ke atas kepingan kambing dan bakar selama 10 minit lagi atau sampai kambing menjadi lembut.
4. Hidangkan kambing dengan limon.

OVEN BAKED LAMB CUTLET WITH ROSEMARY

Ingredients:

16 lamb cutlets
Lemon for serving

Ingredients for Marinade:

125ml M&S Coconut Milk
1 tbsp freshly ground black pepper
1 tbsp salt
2 tbsp balsamic vinegar
2 tbsp soft brown sugar

Ingredients for Rosemary Paste:

5 stalks fresh rosemary / 1 tbsp dried rosemary
2 tbsp M&S Coconut Milk
6 cloves garlic
1 tsp salt (pound until fine)

Serves:

4

Method:

1. Marinade lamb cutlets for 1 hour.
2. Preheat oven to 200°C. Drain marinated cutlets and place on a greased baking tray in a single layer. Brush with some cooking oil.
3. Bake lamb cutlets for 10 minutes on one side, turn over, spread some rosemary paste and continue to bake for another 10 minutes or until lamb is tender.
4. Serve lamb with some lemon slices.

