



# EASTER BBQ

It's never the wrong season to BBQ, and especially this Easter as outside is the 'new normal'.

So if the weather is looking in some way dry and not stormy, why not have a friend/neighbour/other family over for an outdoor cook up. Here is a relatively simple "roast" option which you can enjoy with a salad/some roasties or whatever you desire.

Step one, make a marinade for the butterflied lamb - A good option is to get some locally sourced Gower Salt marsh lamb from places such as <https://www.farmco.wales>, or other local butches.





## MARINADE

4 garlic cloves  
4 tbsp olive oil  
juice 1 lemon  
1 tbsp dried oregano  
1 tbsp thyme leaf  
2 bay leaves

Mash the garlic to a paste with a pestle and mortar (or whiz in a blender). Mix with the olive oil, lemon juice, oregano, thyme and bay, and season with a little salt and plenty of pepper. Place the lamb in a large porcelain dish. Pour the marinade over the lamb and massage into the meat. Leave the lamb for at least 1 hr at room temperature, or longer in the fridge, but no longer than overnight or the meat will become too soft.





## COOK



To cook the lamb, fire up the barbecue, or heat the oven to 220C/200C fan/gas 7. To cook on the barbecue, wait for the coals to turn ashen, then lay the lamb on the grill and cook for 15 mins on each side for meat that is pink, or 20 mins on each side for well done. To cook in the oven, place the lamb in a shallow roasting tin and roast for 30 mins for pink or 40 mins for well done, turning the lamb halfway through. Leave the meat to rest for 10 mins before carving.

Recipe based on

<https://www.bbcgoodfood.com/recipes/barbecued-greek-lamb-tzatziki>





## VEGETARIAN OPTION



As an alternative to meat, this following Veggie recipe is an absolute winner and will transform your experience of the humble Celeriac.

1 Celeriac trimmed.

Cover in a a spice mix of your choice, as simple as 1 tbsp of smashed coriander seeds or my favourite, a “shawarma” rub.

2 tsp of salt

1 tsp garlic granules

1/2 tsp of turmeric

1 tsp ground cumin

1 tsp ground coriander

1 tsp paprika

1/2 tsp of cinnamon

1/2 tsp of cayenne/chilli

(or remove if you don't like spice)





## VEGETARIAN OPTION



Mix the spices together, stir in a 1 tbsp of olive oil and run it all over the celeriac. (That's a great bit to do with the kids!)

Create a cross in the top and bottom to allow the flavours to run into the celeriac. Place on some Foil/a bbq pan to catch the juice and roast slowly on a bbq with lid for about 2/3 hours. Make sure the bbq is running at a slow/smoky pace of 180 degrees.

When you can run a skewer all the way through and it's nice and soft it's all cooked.

If you prefer you can roast wrapped in foil in the oven for 2/3 hours on 180 degrees C until it's soft.



Serve as the main on your veggie roast, or in a wrap with salad and slaw.

