

Barbecued Lamb with Tzatziki

1.5-2kg	Leg of Lamb
2	Lemons (juice)
1 tblspn	Salt
2 tblspn	Thyme
250ml	Natural yoghurt
2	Chillies, de-seeded
2 tblspn	Coriander
2 cloves	Garlic
	Salt & pepper
1 tblspn	Cinnamon
2 tspn	Coriander seed
2 tspn	Cloves, ground
2 tspn	Turmeric
3 sprigs	Rosemary
500ml	Natural yoghurt
½	Cucumber, sliced, de-seeded
1 tblspn	Fresh mint, chopped
	Squeeze of lemon



Prepare the lamb by lightly scoring the flesh with a sharp knife and rub all over with a mixture of lemon juice, salt, thyme. Chop and leave for 3 hours.

Prepare the marinade by blitzing in a food-processor the yoghurt with chilli, garlic, coriander then dry-roast in a pan the dry spices for a few minutes to release their aromas. Add to the rest of the marinade.

Rub the marinade all over the lamb and leave for 24 hours. Insert small pieces of rosemary into the lamb and cook over a medium heat for 30-40 mins turning frequently (cook for additional 20 mins for well-done). Rest for 15 mins to relax the meat.

For the Tzatzika combine all the ingredients together and serve chilled.