KIKKOMAN

Slow-roasted lamb leg with orzo pilaf

Total time **200 mins** **20 mins** preparation time **180 mins** cooking time

Nutritional facts (per portion):
3,751 kJ / 893 kcal

Fat: **34 g** Protein: **67.6 g**
Carbohydrates: **78.9 g**

INGREDIENTS

4 portion(s)

1	boneless lamb leg, about 1 kg (ask the butcher to cut into 2 pieces if necessary)
0.5	lemon
5 tbsp	olive oil
5 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	salt
0.5 tsp	freshly ground pepper
5	bay leaves
2	sprigs rosemary

For the orzo pilaf:

1 tbsp	butter
1 tbsp	olive oil
100 g	orzo pasta
4	dates
1	garlic clove
200 g	medium-grain rice (e.g. Baldo or Calrose)
400 ml	lamb stock
3 tbsp	Kikkoman Naturally Brewed Soy Sauce

For the vegetables:

100 g	small round red peppers (fresh or pickled)
1	fennel bulb
1	Japanese aubergine
2 tbsp	olive oil
6 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	freshly ground pepper

For the sauce:

PREPARATION

Step 1

1 boneless lamb leg, about 1 kg (ask the butcher to cut into 2 pieces if necessary) - **0.5** lemon - **5 tbsp** olive oil - **5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** salt - **0.5 tsp** freshly ground pepper - **5** bay leaves - **2** sprigs rosemary
Preheat the oven to 140 °C. Place the lamb in a roasting dish. Juice the lemon half and mix with the oil, Kikkoman Soy Sauce, salt and pepper. Pour over the lamb and massage into the meat for several minutes. Add the bay leaves and rosemary. Roast in the preheated oven for about 1½ hours, turning the meat every 30 minutes. Increase the oven temperature to 180 °C. Pour about 200 ml hot water over the lamb, cover and roast for another 1½ hours.

Step 2

For the orzo pilaf:

1 tbsp butter - **1 tbsp** olive oil - **100 g** orzo pasta - **4** dates - **1** garlic clove - **200 g** medium-grain rice (e.g. Baldo or Calrose) - **400 ml** lamb stock - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce
For the pilaf, heat the butter and oil in a saucepan. Add the orzo and fry until golden brown. Finely dice the dates and garlic, add with the rice and sauté briefly. Pour in the stock and, if needed, about 150 ml water, along with the Kikkoman Soy Sauce. Bring to the boil, then simmer gently until the rice has absorbed all the liquid, stirring regularly.

Step 3

For the vegetables:

100 g small round red peppers (fresh or pickled) - **1** fennel bulb - **1** Japanese aubergine - **2 tbsp** olive

2 tbsp dark gravy granules
2.5 tsp pomegranate juice concentrate (or pomegranate molasses)
1.5 tsp honey

For the garnish:

2 tsp sesame–nigella seed mix (or 1 tsp sesame seeds and 1 tsp nigella seeds)
A few sprigs flat-leaf parsley

oil - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** freshly ground pepper
For the sides, wash the vegetables. Slice the fennel and aubergine and leave the peppers whole. Fry each vegetable separately in the hot oil in a frying pan, seasoning each with the Kikkoman Soy Sauce and pepper.

Step 4
For the sauce:
For the garnish:
2 tbsp dark gravy granules - **2.5 tsp** pomegranate juice concentrate (or pomegranate molasses) - **1.5 tsp** honey - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** freshly ground pepper - **2 tsp** sesame–nigella seed mix (or 1 tsp sesame seeds and 1 tsp nigella seeds) - A few sprigs flat-leaf parsley
Remove the lamb and cut into slices or chunks. Strain the cooking liquid and thicken with the gravy granules. Season with the pomegranate juice concentrate (or pomegranate molasses), honey, Kikkoman Soy Sauce and pepper. Mould the pilaf in a small bowl, press down and turn out onto plates. Serve with the lamb, vegetables and sauce, garnished with the seed mix and parsley.