

Pot Roast Ram with Lemon

3 lbs ram roast
1/3 cup fresh lemon juice
2 tsp dried oregano
3 tbs olive oil
2 garlic cloves, chorused
Salt & pepper

Trim off excess fat, open out roast and rub flesh with some of the lemon juice, sprinkle with salt and pepper and ½ tsp of the oregano. Form into roll and tie securely with string.

Rub outside of meat with more lemon juice, salt, pepper and oregano.

Heat oil in heavy based pan and brown meat on all sides. Reduce heat and add remaining lemon juice, garlic and oregano.

Cover tightly and simmer over low heat for 2 ½ hours or till meat is tender, turn meat occasionally during cooking.

Remove string and slice to serve. Pour juice into a bowl and serve separately.