



## Adam Gray's Briased Lamb Bellies

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### INGREDIENTS

#### For the brine:

8 large sprays of elderflower, picked on a sunny day

1 litre of whey

1 tsp peppercorns

1 tsp coriander seeds

50g sea salt

#### For the lamb:

2 lamb legs, butterflied & shank removed

1 tsp fennel seeds

1 tsp cumin

1 tsp carraway

1 tsp sumac

1 tsp coriander seeds

1/2 tsp chilli flakes

Zest of 1 lemon

### METHOD

First, make the spice mix to season the lamb. Toast the spices then grind to a powder.

Sprinkle over the butterflied lamb legs then season with salt and add the lemon zest.

Roll the lamb up and tie with butcher's string securely. Leave to marinate for at least 1 hour.

While marinating, make a start on the brine. Warm half the whey along with salt to dissolve. Add the spices and the remaining whey.

Once the brine is at room temperature, add the elderflowers and leave to steep for an hour or so.

To cook the lamb, build a fire about 30cm away from where you'll be hanging the lamb.

Once the fire is white-hot and you have a good bed of coals, restock the fire and cook the lamb indirectly for an hour or so on each side, washing with the brine every 30 minutes, until the internal temperature is 55-degrees.

Take the lamb off the fire and leave to rest for 15 minutes.

Untie, slice, serve and enjoy!