

Capretto o agnellino al forno



INGREDIENTS

2 kg. leg of kid or lamb
50 gr. seasoned lard or prosciutto fat
1/4 cup olive oil
1 clove garlic
Lots of rosemary
Salt & pepper to taste
A dozen button onions peeled
1 kg. baby potatoes

Preparation

Wash and pat dry the meat; put it in a roasting pan with the garlic clove, dot it with bits of lard and sprinkle it with oil, lay a sprig or two of rosemary on it, season with salt and pepper, and roast it in a hot oven (400-420 F or 200-210 C) until the meat is browned. This will take from 1 hour 15 minutes to 1 hour 30 minutes. If you would like roasted vegetables, add the onions, halved, and the potatoes after the meat has roasted for 15 minutes