

LEG ROAST

INGREDIENTS

- 1 leg
- 1 tbls. red chillies
- 1 tbls. steak & chops spice
- 1 tbls. BBQ-spice
- 2 tsp. ginger/garlic
- 1 tbls. Chicken spice
- ½ tsp. tumeric powder
- 3 tbls. vinegar
- salt to taste
- 2 tbls. oil
- ¼ cup tomato sauce
- ¼ cup mustard sauce
- ¼ cup worcestor sauce

METHOD

Mix all ingredients together and marinate overnight.

Add 3 cups of water to pot and cook until tender and saucy.

Do not let the sauce dry.

Serve with vegetables.

VEGETABLES

- 2 sweet potatoes (cut into thick slices)
- 3 sweet corn (cut into 3 pieces each)
- 2 gem squash (cut into 4 pieces)

Steam all above in pot with white pepper, thyme and ghee and 1 cup water.