Roasted Lamb's Head

Ingredients

- Head of a lamb, skinned and split
- Olive oil
- Salt and pepper
- Baking tray and foil
- Optional seasonings: Rosemary, garlic, onion, basil, parsley, mulling spices of - cinnamon, all spice, clove and nutmeg.

Directions

1. Blanch the head. See directions under powsowdie or page 64.
2. Heat oven to 400°F.
3. Place each head half in foil. Season both sides with olive oil and your herbs/spices.
4. Wrap each head half fully in the foil and place the outside of the head facing up.
5. Cook in oven for one hour, then flip and roast for another 45 minutes.

You may want to consider adding sliced potatoes to cook inside the foil with the heads.