

## **30-HOUR LEG OF LAMB WITH MASHED SWEET POTATOES**

*(from the Bewitching Kitchen)*

1 boneless leg of lamb, butterflied and tied (2.5 to 3.0 pounds)  
1 tablespoon Kosher salt  
4 tablespoons mustard powder  
2 tsp ground black pepper  
5 sweet potatoes, peeled, cut in large chunks  
1 + 3/4 cup water  
1/2 tsp salt  
1/2 tsp red pepper flakes (I used Aleppo pepper)  
1/2 tsp Southwest Seasoning mix (I used Penzey's)  
3/4 cup light coconut milk  
fresh parsley, minced (to taste)

Set your sous-vide to 160 F. Mix the salt, pepper and mustard together in a small bowl. Pat the meat dry and season all over with the spice mixture. Place inside a bag and vacuum-seal it. Place in the water-bath and cook for 30 hours. Cover the container with aluminum foil and check for water evaporation over that period of time. When 30 hours passed, remove the meat from the bag, and run under a broiler to get a nice brown roasted appearance to it. Serve immediately, the meat should be falling apart when you probe it with a fork.

For the mashed potatoes. Place the potatoes, water and seasonings in a crock pot. Cook on low for 4 to 5 hours. Warm the coconut milk in a microwave (do not boil), add to the potatoes in the crock pot, and mash with a potato masher to the consistency you prefer. Add minced parsley, adjust seasoning, and serve with the lamb.