

## **marinating paste**

*This paste is sufficient for marinating a leg of lamb, a whole loin or 8 thick chops.*

3 tablespoons Dijon mustard  
1 tablespoon light soy sauce  
1 tablespoon plain flour  
1 tablespoon olive oil  
1 teaspoon finely chopped fresh rosemary leaves  
freshly ground black pepper

Mix all ingredients together and smear liberally over meat. Roast or grill as usual (if grilling, allow surface to sear and seal well before attempting to turn it). The paste will cook to a dark crust.

**variation** Substitute a hot pepper relish or pureed chutney for the soy sauce.

From: *The Cook's Companion: The complete book of ingredients and recipes for the Australian kitchen* by Stephanie Alexander. Published by Penguin Books Australia Ltd, 1996.