



FEIFEI LIU  
TRADITIONAL  
CHINESE MEDICINE  
WWW.FLTCM.COM

830 E State Road 434  
Longwood, FL, 32750  
Phone: 407-951-7841  
Text: 407-529-4155  
Email: [info@fltcm.com](mailto:info@fltcm.com)

## Marinated Roasted Lamb Recipe

3-5 lbs. Lamb meat  
1-3 pcs. Banana leaf (can be found in Bravo Market)  
½ - 1 L Water

Marinade:

1 Tbs. Sea Salt  
1 tsp. Pepper  
2-3 Cloves Fresh garlic- chopped  
1-2 Bay leaf  
1-2 Sprigs of Rosemary- pulled off stem  
2 tsp. Paprika  
1 tsp. Garlic Powder  
1 tsp. Onion Powder

- Combine all ingredients together and rub all over the lamb.
- Cover and let rest for 30 minutes up to overnight in the refrigerator.
- Preheat oven to 375 degrees.
- Place a roasting rack in the bottom of a baking pan and place 1 banana leaf over the top of the rack.
- Place the marinated lamb on top of the banana leaf.
- Cover the lamb with another piece of banana leaf.
- Place ½ - 1 L of water in the bottom of the baking dish, do not let the water touch the bottom of the banana leaf.
- Cover baking dish completely with aluminum foil. Be sure to secure it tightly so no air will escape.
- Bake for 3-3 ½ hours or until lamb is tender and falling apart when you touch it.