

Leg of Lamb Country Style



Ingredients:

6-9 lb of Alberta Lamb
12 garlic cloves
Halved 3 onions
Coarsely chopped 3 carrots sliced
2 Tbsp. oil
Salt & pepper,
Bay leaf
1 cup white wine

Method:

Make 24 small, deep cuts in the leg of lamb and push in the garlic halves. Put the oil, onions, and carrots into a large casserole with the salt & pepper and bay leaf. Place over a medium heat and when the oil is very hot, add the lamb and brown on all sides. Pour in the wine and enough water to cover the meat. Bring to a boil, cover and place in an oven preheated to 325F. Cook for 3 hours or until tender. Transfer the lamb to a serving platter, degrease the liquid, and then reduce over a high heat to sauce- consistency.

Recipe Courtesy of Margaret Everett, Grande Cache, Alberta

Your Notes



You've got **GREAT** taste!

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