

Alberta Lamb Leg Roast with Potatoes, Asparagus, and Peppers



Your Notes

Ingredients:

Lamb: 1 piece netted boneless Alberta Lamb leg, 2 cloves garlic (chopped), 1 shallot (finely chopped), 2 sprigs of rosemary (chopped), 5 sprigs of parsley (chopped), 4 tbsp. olive oil, 1 tbsp. fresh cracked pepper, 1 tsp. kosher or sea salt

Sauce: ½ litre red wine, 1 carrot (chopped), 1 celery stick (chopped), 1 yellow onion (chopped)

Roast Potatoes, Asparagus and Peppers: 1 lb baby red potatoes (halved), 1 tbsp. olive oil, 2 cloves garlic (chopped), 1 sprig rosemary (chopped), 2 sprigs fresh parsley (chopped), 1.2 tbsp. cracked black pepper, kosher salt

Method:

Roast and Sauce: Mix the herbs, garlic, shallots, pepper, salt and olive oil together. Rub all over the lamb and place any remainder on top of the leg. Place the leg on a rack over a roasting pan. Place the wine, carrot, celery and onion in the bottom of the pan. Roast in a pre-heated oven at 325°F until the lamb reaches an internal temperature of 125°F. Remove from the oven and let rest on a wire rack for 15 minutes. Place wine, carrot, celery.

Roast Potatoes, Asparagus and Peppers: Mix the potatoes together with the herbs, olive oil and peppers and place in the pan used to roast the lamb. Return to the oven and roast for 15 minutes. Add the asparagus, peppers and return to oven for another 10 minutes. Cut the net away from the lamb and cut into slices approximately ¼ inch thick. Place slices on a platter, and add the roast potato, asparagus and peppers. Strain the carrots, onion and celery from the sauce and pour over the lamb and potatoes.

Photo and recipe credit: David Flegel



GREAT taste!

www.AlbertaLamb.ca