

Roast Leg of Lamb



Ingredients:

1 5-9 lb. leg of Alberta Lamb
3 cloves of garlic, thinly sliced
2 Tbsp lemon juice
1 ½ tsp. salt
¼ tsp. pepper
2 Tbsp olive oil

Method:

Trim any excess fat off the leg of lamb. With point of sharp knife, cut many small slits in the surface of the lamb. Push a sliver of garlic into each slit. Mix together remaining ingredients. Rub mixture over the surface of the lamb.

Place lamb on a rack in a roasting pan. Roast at 325°F until internal temperature reaches 140°F for rare, 160°F for medium and 170°F for well done. Allow lamb to rest for 15 minutes before carving. Slice and serve with pan juices or gravy.

Blue Kettle "Greek Dressing" is a great marinade for lamb. We suggest that the lamb be put in a sealable plastic bag. Pour the dressing over the lamb massaging it to cover the meat completely. Refrigerate, overnight is best, and either roast or barbecue the lamb. It is absolutely delicious.

In addition, I have made a sauce with the dressing to pour over the lamb once it is cooked. Simply sauté half of one small diced red onion or shallot in a sauce pan. Add 1/4 cup of Greek Dressing, simmer for 5 minutes. Drizzle over your roasted rack of lamb.

Courtesy of Carol Olivieri - Blue Kettle Specialty Foods

Your Notes



You've got **GREAT** taste!

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