

Roasted Leg of Lamb

Lamb:

1 leg lamb 6-7lb
1/4 c lemon juice
2 tsp lemon zest
2 T walnut or vegetable oil
6 cloves garlic, chopped
1/4 c chopped fresh rosemary
2 tsp salt
2 tsp coarse black pepper

Sauce:

1/2 T walnut oil or vegetable oil
1/3 c fresh parsley, chopped
1/4 c chives, chopped
1/3 c rosemary, chopped
2 T fennel, crushed
1 tsp salt
2 c onion, diced
2 c chicken stock
1 c red wine

The walnut oil adds healthy fat and some added flavor. While lamb is higher in saturated fat than many red meats, it is fairly low in total fat.

Preheat oven to 400°F. Mix lemon juice, zest and oil and rub over lamb. Mix garlic, rosemary, salt, pepper and rub into lamb. Place in roasting pan. Roast for 30 minutes, decrease temperature to 350°F and cook another hour for medium rare (internal temperature of 145°F). Allow to rest 15 minutes while you make the sauce.

Heat herbs and oil in skillet. Add onions and sauté over medium heat until soft and browned. Add stock and wine. For added flavor you may strain some of the drippings from lamb roasting pan to de-fat and add to the sauce. Simmer to reduce until becomes sauce consistency.

Serve sauce over lamb.



