

Mint Creek | Leg of Lamb

ROSEMARY, GARLIC LEG OF LAMB
ROASTED LEG OF LAMB
WITH OLIVE-MUSTARD GLAZE
GREEK-STYLE LEG OF LAMB
SOUTHERN LEG OF LAMB
BARBECUED LEG OF LAMB WITH
GRILLED VEGETABLES

ROSEMARY, GARLIC LEG OF LAMB

Preparation Time: 5 minutes

Cooking Time: 1 hour, 40 minutes

Serves: 10

Ingredients

2 1/4 lbs. boneless, lean leg of lamb, butterflied

1/4 c. olive oil

2 tbs. dried rosemary, crumbled

1 tsp. garlic salt

Instructions

Prepare grill. Brush lamb with oil. Sprinkle with rosemary and garlic salt. Grill over medium heat 15-20 minutes per 1 lb, turning occasionally and basting with oil until meat thermometer reads 140°F for medium-done meat. Let stand 10 minutes before slicing.

ROASTED LEG OF LAMB **WITH OLIVE-MUSTARD GLAZE**

Preparation Time: 25 minutes

Cooking Time: 1.5 hours

Serves: 8

Ingredients

1 leg of lamb, bone-in

45 black calamata olives, pitted

2 cloves garlic, peeled

2 tsp. fresh rosemary, chopped

1 1/2 Tbs. Dijon mustard

1 tsp. freshly ground black pepper

3 Tbs. olive oil

Instructions

Preheat oven to 350°F. To make olive mustard coating, place olives, garlic, rosemary, mustard, and pepper in a food processor. Process to a smooth paste and gradually add oil. Spread mixture all over the fat side of meat, and place fat side up in a roasting pan. Roast for about 1 hour 20 minutes. Check the internal temperature and remove lamb when temperature reaches 125-130°F for medium-rare. Let meat rest 10-15 minutes to

complete its cooking (meat temperature will rise another 5-10°F). Carve and serve.

GREEK-STYLE LEG OF LAMB

Preparation Time: 3 hours to overnight

Cooking Time: 1 hour

Serves: 8

Ingredients

1 leg of lamb, boneless

1/2 cup plus 2 tbs. lemon juice

1/2 cup olive oil

1/4 cup oregano, dry

8 cloves garlic, peeled and crushed

1 tbs. salt

2 tsp. freshly ground black pepper

Instructions

To make marinade, combine all ingredients except 2 tablespoons of the lemon juice in a small bowl. Place lamb in a shallow bowl and pour marinade over it. Cover bowl and marinate 2-3 hours or overnight, turning the lamb from time to time. When ready to roast, preheat oven to 450°F. Transfer lamb to a roasting pan and discard marinade. Roast the lamb for 15 minutes in the middle of the oven. Reduce temperature to 350°F, and roast for another 35 to 40 minutes. Check the lamb for doneness. When the internal temperature registers 125-130°F, it will be medium-rare to medium after it is left to rest. Remove from oven, sprinkle meat with 2 tablespoons lemon juice, cover loosely with foil and let rest for 10-15 minutes. Cut lamb into slices and serve.

SOUTHERN LEG OF LAMB

Preparation Time: 10 minutes or overnight

Cooking Time: 1 hour and 15 minutes

Serves: 8

Ingredients

1 leg of lamb, boneless

1 cooking string

2 Tbs. ground cumin

1 Tbs. each: ground coriander, chili powder, garlic powder

1/2 tsp. cayenne pepper

1 Tbs. salt

16 slices bacon

4 cups frozen corn, thawed

2 cups onion, finely chopped

1/4 cup garlic, finely chopped

1/4 cup lime juice

Instructions

Preheat oven to 450°F. To make spice mixture, combine the cumin, coriander, chili powder, garlic powder, cayenne, and salt. Rub 4 tablespoons of spice mixture over leg, reserving the remaining spice mixture. Tie leg with butcher's string. Place leg on a rack in

a preheated 400°F oven for about 1 ¼ hours or until internal temperature reaches 140°F. Lamb can be rubbed up to 1 day in advance. To make the bacon-corn relish, cook bacon until crispy; reserve the fat. When cool, crumble bacon. In a sauté pan, heat 1 tablespoon bacon fat and add corn, onion, garlic and remaining spice mixture to taste. Cook for about 7 minutes until corn, onion, and garlic are cooked and corn is starting to brown. Stir in crumbled bacon. Just before serving, stir in lime juice. For each serving, place 2-3 slices of lamb on plate and top with ½ cup of bacon-corn relish.

BARBECUED LEG OF LAMB WITH GRILLED VEGETABLES

Preparation Time: 3 hours to overnight

Cooking Time: 1 hour

Serves: 8

Ingredients

1 leg of lamb, boneless, butterflied, and trimmed

1 cup red wine

¼ cup extra-virgin olive oil

2 cloves of garlic, chopped

2 tsp. oregano, dry

2 tsp. basil, dry

freshly ground black pepper, to taste

2 red peppers, halved

1 eggplant, sliced

1 zucchini, sliced

1 pint portabella mushrooms

24 asparagus spears

Olive oil for grilling

⅓ cup dry-roasted or blanched almonds

1 cup Italian parsley, chopped

½ cup basil, chopped

¼ cup extra virgin olive oil

1 tbs. lemon juice

2 tbs. soft goat or feta cheese

Instructions

Place lamb in a shallow ceramic or glass casserole dish. Combine the marinade ingredients and pour over the lamb. Cover and refrigerate for 2-3 hours or overnight, turning lamb over once or twice during that time. Discard marinade. Preheat a hooded barbecue to medium heat. Cook lamb with hood closed, turning it once or twice, about 10-15 minutes each side or until it reaches an internal temperature of 130-140°F in the thickest part. Remove from the grill and transfer to a plate. Cover loosely with foil and allow to rest for 10 minutes before slicing. While the lamb is resting, brush the vegetables with oil, and grill until lightly browned and tender. Arrange on a large platter with the sliced lamb and pesto.

To make the pesto, place the almonds, parsley, basil, oil and juice in a food processor and process to a coarse paste. Add the cheese, and process just to combine.