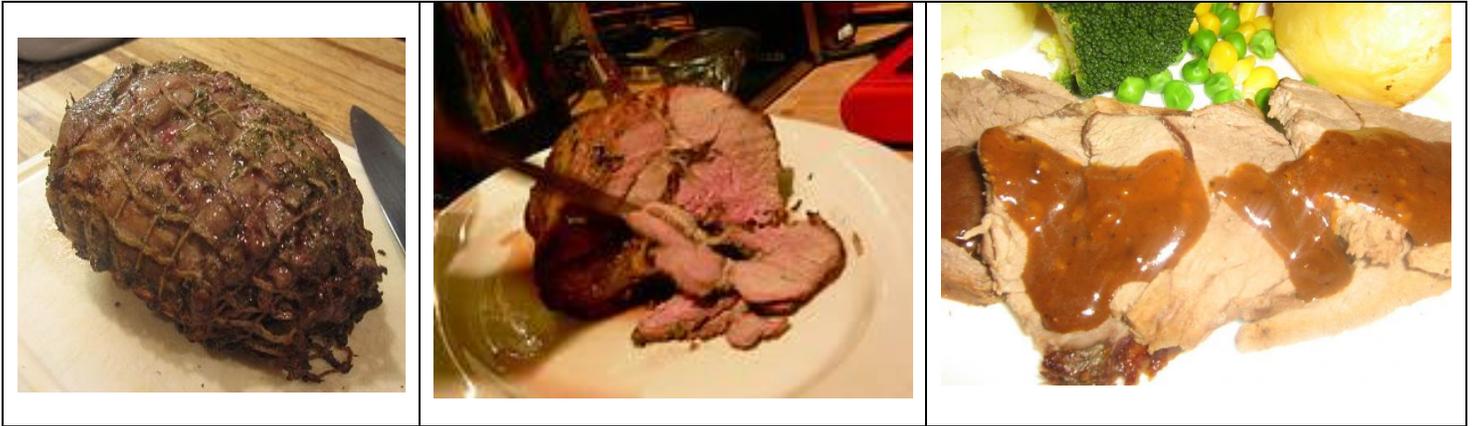


Scrumptious Roasted Lamb Recipe

by *Johanie*

This recipe is actually very easy, so don't be intimidated. But be warned, your taste buds will go to heaven.



Ingredients

- 5 to 8 pounds boneless leg of lamb
- 2 tablespoons of olive oil
- 1 tablespoon of dried thyme
- 3 tablespoons dried rosemary leaves
- 2 tablespoons dried parsley (*Highly recommend fresh parsley. Use 6-8 fresh parsley sprigs, leaves and stems*)
- 2 tablespoons of oregano
- 3 tablespoons dried basil (*Highly recommend fresh basil. 30 leaves of fresh basil equals 3 tablespoons of dried*)
- 1 tablespoon paprika
- 8 cloves of garlic peeled
- 1 medium size onion
- 1 teaspoon of sea salt
- 1 tablespoon of seasoned salt (*such as Season All by Morton or Multi-Season Salt by Adams*)
- 1 teaspoon of black pepper
- 1 12 oz. jar/can of beef gravy (*I use Heinz Home Style Savory brand unless I can find an organic one*)
- ¾ cup red cooking wine
- 3 tablespoons soy sauce (*I use an organic brand, Organic Shoyu, made by San-J available at most health food stores.*)
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder

Note: (*You can use all fresh herbs instead of dried. However, only dry measurements are shown here except where specified.*)

Directions

Remove Butcher String & Soak Meat

Immerse/soak the meat in a water solution using 1 cup of vinegar and 2 tablespoons of salt. Let the meat sit in the solution for at least 2 hours. The meat will come wrapped in a net or butcher string which holds the meat together once the bone is removed. Remove the netting or butcher string before soaking but save the net or string because you will need to re-wrap the meat later. *(You can also ask the Butcher at the supermarket to give you 2-3 feet of string for re-wrapping and they are usually happy to do so. You can also purchase kitchen string from the supermarket.)* Soaking is an important step. Lamb has a very bold and gamey taste. By soaking it, you are toning the gaminess down a bit and this makes a big difference in the finished product. It also removes the impurities. Lamb is quite fatty, so once you remove the netting or string; it is easier to cut off additional excess fat, before soaking.

Make Seasoning Paste/Rub



After soaking, remove the meat and place in a baking dish or roasting pan. Then make seasoning paste/rub using olive oil, garlic, onions, rosemary, oregano, onions, basil, thyme, parsley, paprika, salt, pepper, and season salt. *(Lots of herbs is another key to a great lamb dish.)* Place herb mixture in food processor or blender until everything is medium to finely chopped or use sharp knife to chop these ingredients.

Make Slits in Meat, Rub on Seasoning Paste, Re-wrap, & Refrigerate Overnight

Make numerous slits all over the meat (top, bottom, & sides) about ½ to 1 inch deep. Rub the meat, using your hands, with the seasoning paste. Spread it generously on all sides, taking care to place it in all the slits, and in every nook and cranny. Re-wrap the meat with the string or place it back into the original netting. Cover the dish with plastic wrap or baking dish top and place it in the fridge overnight. *(I use a glass pyrex baking dish with cover.)* Be encouraged, that was the hardest part. You are finished until the next day and the rest is a breeze!

The Next Day, take Lamb from Fridge and Bring to Room Temperature

Bring the lamb out of the fridge an hour or more before cooking. It is important to let the roast come to room temperature. If not, it will take longer to cook and will not cook evenly. You'll end up with well-done slices on the end and raw meat in the center. So let it stand at room temperature, loosely covered, for approximately 1 hour or even more. This time can vary depending on how big or small your lamb roast is. I can't give you an exact time on this. Use your best judgment!

Make Gravy Sauce and Pour it Around Meat in Covered Dish or Pan

After the roast has reached room temperature, preheat oven to 325 degrees. While oven is heating up, mix gravy, red wine, soy sauce, garlic powder, and onion powder together. Pour gravy mixture around meat in covered baking dish.

Bake Lamb at 325 degrees.

General rule is 35 minutes per pound for well-done meat. However, total baking time depends on size of the cut of meat, your particular oven, your desired temperature for the finished product, etc. **At 1-1/2 to 2 hours into your baking time, flip the meat so that the other side is immersed in the gravy solution.** At this time, test it for tenderness to determine if you are at the half way mark or less. Tend to it as if you were tending to a thanksgiving turkey or a nice beef rump roast, being careful not to over-cook them.

About 30 minutes before baking time is up, flip the meat back to the original side where it is again immersed in the gravy. Uncover the roast and adjust the oven temperature to 360 degrees so that the meat browns and crust during this 30 minute period. Browning and crusting may take less or a little longer. You will need to watch it and determine.

Using a meat thermometer is more accurate, if you want your meat at a different temperature other than well-done. (*I personally cook everything well done and I've never used a thermometer and it works out just fine*). Anyway, I've included a chart on the next page, should you prefer your meat at a different temperature.

Remove from Oven and Slice

When finished cooking, remove the roast from oven. Let it stand for 20-30 minutes before slicing. Use scissors to remove the netting or string before slicing.

This chart is optional and to be used only with a thermometer to take internal temperature of meat.

Lamb Roast Cooking Temperatures		
Rare	120 to 125 degrees F	center is bright red, pinkish toward the exterior portion
Medium Rare	130 to 135 degrees F	center is very pink, slightly brown toward the exterior portion
Medium	140 to 145 degrees F	center is light pink, outer portion is brown
Medium Well	150 to 155 degrees F	not pink
Well Done	160 degrees F and above	meat is uniformly brown throughout

(1) Special note on r number of servings

For a generous serving of lamb roast, figure on 1/2 pound of lamb per serving. That means if you plan to serve:

- Six (6) people - 3 pound lamb roast
- Eight (8) people - 4 pound lamb roast
- Ten (10) people - 5 pound lamb roast
- Twelve (12) people - 6 pound lamb roast
- More than (12) people - purchase two (2) boneless lamb roasts

(2)Special note for leftovers:

Lamb is very fatty. So once you remove the leftovers from the fridge and while it is still cold, skim excess fat off top before reheating.