



Lemon Garlic Leg of Lamb & Red Wine Sauce

Ingredients

Roast

- Boneless leg of lamb roast
5-6 lbs.
- Lemon juice 1/4 cup
- Garlic, minced 8 cloves
- Fresh rosemary, chopped 3
tbsp.
- Salt and pepper to taste

Sauce

- Chicken broth or stock 2
cups
- Red wine or red wine
vinegar 1 cup
- Cornstarch 1 tbsp
- Water 2 tbsp
- Salt and pepper to taste



Directions

For the lamb

1. Place lamb in a roasting pan and rub with lemon juice, then pat garlic and rosemary over the skin evenly. Salt and pepper to taste.
2. Let roast sit at room temperature at least one hour before roasting. This is a good time to prepare your vegetables from the next recipe.
3. If you want a nice crust on the outside of your roast, broil lamb at 450° F for 5 minutes right-side-up, then flip and broil another 5 minutes underneath prior to roasting. This is optional.
4. Preheat oven to 325° F.

5. Cook roast for another 2-3 hours depending on desired doneness. For a 4-7 lb. roast, cook 20 minutes per pound for medium rare, or until the internal temp is 140 F. For medium, cook 25 minutes per pound for medium, until the internal temp is 150 F. For well-done, cook 30 minutes per pound, until the internal temp is 160 F.
6. Remove from roasting pan and let rest for 15-20 minutes before carving.

For the sauce

1. Place roasting pan over stovetop burners.
2. Add chicken broth and red wine or vinegar to pan drippings and bring to a low boil.
3. Continue to cook for 5 minutes while scraping up browned bits from the bottom of the pan with a wooden spoon.
4. Mix cornstarch with water and add to pan.
5. Simmer and stir one minute until thickened. Season with salt and pepper to taste.
6. Strain gravy through a colander or sieve into a gravy boat before serving.
7. Slice lamb and serve with sauce drizzled over the top.

Nutrition Facts

Serving size: 5 oz. cooked lamb and 1/4 cup sauce

Recipe yields: 12 servings

Calories: 221

Fat: 7.2 g

Carbs: 1 g

Protein: 35 g