



CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING

Roast Leg of Lamb

INGREDIENTS

1 Lamb Leg, bones removed (Have your butcher de-bone a good leg of lamb for you if you do not feel comfortable doing it yourself.)

1 cup Dijon Mustard

½ cup Red Wine

3-4 cloves Garlic roughly chopped

2 Tbsp Fresh Thyme

4 feet Cotton Butchers Twine

3-4 Tbsp Olive Oil

Cracked Pepper & Salt to taste

Mix the mustard, wine, garlic and thyme in a small bowl to make the marinade; it should not be runny. If it is too thin add more mustard. Place the leg in a large bowl and smear the marinade over the entire surface, coating it thickly. Cover with plastic wrap and refrigerate overnight.

Preheat oven to 450 F.

TO TIE THE LEG FOR ROASTING

Lay the twine across your cutting-board, then place the leg on the cutting-board with the inside part of the leg facing up. Start in the middle of the leg by wrapping the twine around and tying one end snugly (not too tight but not loose). Try to match up where the meat was cut for removing the bone and leave about 3-4 inches of twine off the end to finish tying the roast. Wrap the twine around the leg spacing it approximately 1-2 inches apart. When you reach the end of one side, start wrapping it in the other direction until the other side is reached, then back to the middle to tie it to the little end that you left off the first knot. The whole leg is now rolled and wrapped nicely.

Season the leg with a generous amount of cracked black pepper and salt, smear whatever is left of the marinade onto the outside of the leg. Place the leg in a shallow roasting pan and drizzle with the olive oil and place in the hot oven. After 15 min turn down to 350 F and turn roast over and baste with any juices that have dripped off. Repeat turning and basting every 15 – 25 min until leg is cooked (approximately 1 – 1 ½ hours). Test for doneness with a meat thermometer for an internal temperature of 150 – 155 F for medium. Cover the roast with a loose hood of aluminum foil and let rest for a half an hour before carving (remember to remove the twine before you cut the roast).

SERVING SUGGESTIONS

Serve with Provençal sauce or garlic balsamic demi glace. ENJOY !!

WINE SUGGESTIONS

Kaesler Old Vine Shiraz