

Roast Leg of Lamb

Ask The Butcher for a D'Artagnan Bone-in All Natural Leg of Lamb. These legs of lamb range in size from seven to nine pounds. The eight pounder that I roasted should feed between ten to twelve people.

You will also need:

A large roasting pan (I used a disposable 16x13x3)

Two large brining bags...(large plastic bags)

One quart of buttermilk

One head of garlic; peeled and sliced

Handful of fresh flat leaf parsley; chopped

Small handful of fresh mint leaves; chopped

Freshly ground salt and pepper

Cornstarch or rice thickener for Au Jus

The night before you plan to roast the lamb:

Season the lamb with freshly ground salt and pepper. Use a small paring knife to make small slits in the meat and stud each slit with a sliver of garlic. Take your time...this is well worth the effort!

Double up the bringing bags. Place the meat inside the bringing bags and cover with one quart of buttermilk. Tie the bags and place in the refrigerator overnight.

Before you roast the lamb:

Pre-heat your oven to 375 degrees fahrenheit. Let the lamb come to room temperature on the counter for about an hour.

Place the meat in a large roasting pan, season with more salt and pepper.

Cover with the chopped herbs. Roast in the 375 degree oven, uncovered for one hour fifty minutes to two hours. Check the internal temperature of the meat starting at the one and a half hour mark. You can always put the pan back in the oven, but you cannot un-cook it! Remove the lamb from the oven when the thickest part reaches internal temperature of 140 degrees.