

Lamb-Boneless Leg of Lamb

Show: Apr 3th

Ingredients: Serves 6-8

8 lb Leg of Lamb, boned
8 cloves Garlic, cleaned and trimmed
8 sprigs Rosemary (about 1-1 1/2 inch in length)
Olive Oil Spray
1 cup Coffee Rub*
2 cups Mirepoix**
2 Bay Leaves
1/4 cup Crème de Menthe
1 Tbls Salt, Kosher
2 tsp Pepper, black

Procedure:

Preheat oven to 350°F.

Lay out the leg of lamb on the fat side. Butterfly it, i.e., cut along any areas that prevent it from being flat.

With a sharp knife, pierce several slits all along the heavier parts of the meat. Stuff each slit with a garlic clove (or half a clove) and a spring of rosemary.

Spray overall with olive oil. Sprinkle the whole surface with coffee rub. Turn the leg over, spray with olive oil and sprinkle on coffee rub evenly.

In a roasting pan, spray the bottom with olive oil and spread out 2 cups of mirepoix and 2 bay leaves.

Place leg fat-side down on a heated grill for a few minutes to sear the juices in; about 5 minutes

on each side.

Remove from the grill, sprinkle with crème de menthe or Vandermint and place fat-side down on the mirepoix in the roasting pan. Place in preheated oven and bake for about 1 hour, remove from oven and let rest for at least 20 minutes; for rare (internal temp 115-120°F).

For a more medium cook for about 1 1/2 hours to an internal temperature of 130-140°F.

Periodically check the roast to be sure there is some liquid in the bottom and at the same time sprinkle a bit more crème de menthe or Vandermint.

Coffee Rub:

Ground (drip) coffee, salt and pepper at a ratio of 4 parts coffee, 1 part pepper and 3 parts salt.

Mirepoix:

A mix of chopped onions, celery and carrots, usually 2 parts onion to 1 part celery and 1 part carrot.

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