

Garlic and Herb Roasted Boneless Leg of Lamb

A trio of fresh herbs and garlic create a pungent marinade that adds just the right amount of flavor to this tender cut of lamb. Serve with the optional Herbed Yogurt Sauce for an added touch and enjoy for any special occasion!

Ingredients

1 6lb Boneless Leg of Lamb, fat trimmed to about ¼ inch thick
8 large cloves of Garlic
2 cups Basil leaves, packed
1 cup Italian Parsley leaves, packed
½ cup Cilantro leaves, packed
¼ cup fresh Lemon Juice
⅛ teaspoon Iodized Salt
¼ teaspoon Black Pepper
¾ cup Extra Virgin Olive Oil
Sea Salt (or Kosher Salt) & Fresh Ground Pepper to taste

Herbed Yogurt Sauce—optional

1 ½ cups Whole Plain Yogurt
½ cup Sour Cream
2 tablespoons finely chopped Basil
2 tablespoons finely chopped Italian Parsley
2 tablespoons finely chopped Cilantro
1 tablespoon Lemon Zest (about 1 lemon)
1½ tablespoon minced Shallots or 1 tablespoon minced Garlic
Sea Salt and Fresh Ground Pepper to taste

Preparation

Prepare Marinade for Lamb: In a food processor, pulse garlic until finely minced. Add basil, parsley and cilantro and pulse. Slowly pour in olive oil from the top while processor is on. Add lemon juice, ⅛ teaspoon salt and ¼ teaspoon black pepper, scrape down sides and blend until mixture is combined. Transfer to a bowl and set aside.

Prepare Herbed Yogurt Sauce: Combine yogurt, sour cream, basil, parsley, cilantro, lemon zest and shallots in a medium sized bowl. Add sea salt and fresh ground pepper to taste. Cover and refrigerate until ready to use. (Can be prepared up to two days ahead)

Remove netting from lamb (**DO NOT CUT**) and set aside for re-use. Unfold lamb on large working surface and make several slits on both sides with tip of a small sharp knife. Rub marinade all over lamb and spoon into each slit as much as possible. Fold lamb and insert back into the netting. (kitchen string may be used to re-tie lamb if preferred) Place lamb in a large Ziploc or plastic bag and pour in any remaining marinade. Double bag if necessary, remove air from bag and seal. Refrigerate overnight or up to two days.

Roast Lamb: Remove lamb from bag and sprinkle generously with sea salt (or kosher salt) and fresh ground pepper on both sides. Place fat side up on a rack in a heavy roasting pan and bring to room temperature, about 1 hour. Meanwhile, preheat oven to 450 degrees with rack in the bottom third (Lamb should roast in the middle).

Place 2 cups of water in roasting pan (to prevent drippings from burning)
Place lamb in the oven and roast for 20 minutes. Reduce temperature to 325 degrees and roast until a thermometer inserted in the center of the lamb reaches 130-135 degrees for a medium-rare center, about 1 hour and 50 minutes to 2 hours longer. (Cooking time may vary depending on thickness) Transfer meat to a platter and let it rest for 10-15 minutes loosely covered in foil. Cut away netting and carve into ½ inch thick slices. Serve with Herbed Yogurt Sauce.

Serves 10-12