



Herb Roasted Leg of Lamb

Serves 4 to 6

This is a classic roasting technique at its best: browning the meat in an oven-proof pan and then finishing the meat, to perfection, in the dry heat of the oven. Here, I use lamb and the savory combination of rosemary, sage and thyme – all readily available in the grocery store through the winter months.

Ingredients:

1 3 to 4 pound boneless leg of lamb
Coarse salt and fresh ground pepper
6 sprigs fresh thyme
2 sprigs fresh rosemary
2 sprigs fresh sage
2 garlic cloves, minced
2 tablespoons grapeseed oil
4 tablespoons unsalted butter
Fleur de sel, to season

Preparation:

Preheat the oven to 375 F.

Lay out the leg of lamb (removing any netting or twine your grocer or butcher may have used), cut side up. Sprinkle the meat with the salt and pepper. Lay half of the thyme sprigs onto the meat. Strip one sprig of rosemary and sprinkle on top of the thyme. Repeat with one sage sprig. Spread the minced garlic on top of the herbs. Refold the meat around the herbs, and tie with kitchen twine to secure.

Place the oil in an oven proof skillet or roasting pan just large enough to hold the meat. Place the pan over medium high heat. When the oil shimmers, reduce the heat to medium and add the butter. When the butter melts, swirl the pan to incorporate the oil and butter. While the butter is melting, salt and pepper the outside of the leg of lamb. Brown the lamb in the skillet about 4 to 5 minutes per side, adjusting the heat to medium-low if necessary to prevent charring. It should take about 20 minutes to pan sear the leg of lamb.

Transfer the skillet to the oven and roast the lamb for 30 minutes. Add the final 2 tablespoons of butter and the remaining herb sprigs, occasionally basting the lamb, for about 12 to 15 minutes more, or until the lamb is medium rare (an internal temperature of about 125 F.) Remove the skillet from the oven and tent loosely with aluminum foil. Allow the meat to rest for 10 minutes (the internal temperature will continue to rise during resting).

To Serve:

Remove the kitchen twine. Slice and serve on warmed dinner plates. Finish with a sprinkle of Fleur de sel.

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