

Rolled Leg of Lamb with Herb Garlic Sauce

From a cooking class with Tarla Fallgatter, 2018



4 pounds boneless leg of lamb, butterflied

1/4 cup dry white wine

1/4 cup low sodium chicken broth

HERB GARLIC SAUCE:

1 tablespoon cumin seed, roasted and ground (or use ground cumin)

1 1/2 cups Italian parsley

1/2 cup fresh mint leaves

1/2 cup fresh cilantro leaves

2 large garlic cloves, peeled

1 tablespoon smoked paprika

1 teaspoon salt

1/4 teaspoon cayenne

6 tablespoons olive oil

2 tablespoons sherry vinegar

Per Serving (excluding unknown items): 300 Calories; 19g Fat (59.4% calories from fat); 27g Protein; 2g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 889mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 12

1. SAUCE: This must be made ahead as it is inserted into the raw roast and rolled, then refrigerated for 8-24 hours. Place all the sauce ingredients into a food processor (EXCEPT oil) and process until a coarse paste forms. With the machine running, add 4 T of the oil. Transfer 1/4 cup of the sauce to a bowl, add vinegar and remaining 2 T oil. Set that aside.

2. 1-2 DAYS AHEAD: Lay meat flat and pat dry with paper towels. Trim any excess fat. If there are portions that are much thicker than others, butterfly even those small sections so the whole piece is more evenly flat.

3. Lightly pound the lamb with a meat mallet (flat side), if necessary so the meat is more evenly thick. Season with salt and pepper. Spread the lamb with 3/4 of the sauce (the larger portion). Starting at the short end, roll lamb up tightly. Tie the roast well, then rub on the remaining sauce set aside earlier. Wrap roast well in plastic wrap and chill at least 8 and up to 24 hours. Let stand at room temperature for one hour before roasting.

4. Preheat oven to 375°F. Unwrap lamb and transfer to a roasting pan. Roast the lamb until an instant read thermometer inserted into the center of the meat reads 125° to 135°F depending on your choice of medium-rare to medium. This will take approximately 1 1/4 hours, but begin checking the temp earlier than that. Transfer meat to cutting board and tent with foil for about 20 minutes.

5. Meanwhile, add wine and chicken broth to the roasting pan and simmer until slightly reduced. Add the sauce that was set aside and mix. Slice lamb into 1/2" thick slices, snipping away the twine as you go and transfer the meat to a heated platter. Add any juice from the cutting board to sauce. Serve lamb with the sauce.