

Roasted Leg of Spring Lamb Stuffed With Italian Sausage, Spinach, Pecorino and Pine Nuts

Carolyn T's
Main Cookbook
Servings: 6

Author: the Scotto family, owners of New York's restaurant Fresco

Source: From our daughter-in-law, Karen



Description: Our daughter in law, Karen, got this recipe from a 2005 Today show episode with the Scotto Family

1. For stuffing: Place ground sausage in a medium size stainless bowl and set aside. Melt butter in a heavy skillet or sauté pan, stir in shallots and garlic, cook until transparent. Add chopped spinach, oregano and mint, mix thoroughly. Cook mixture until all is dry and then add mixture to the ground sausage, mix again. Next add bread crumbs, pine nuts and pecorino cheese and beaten egg. Mix thoroughly and set aside to be stuffed into lamb.

2. For leg of lamb: Place the boneless lamb leg, cut side up, on the work surface. Butterfly meat by cutting into, but not through, the thickest part of the muscle. Open up the meat and spread stuffing directly down the middle of the leg. Reshape the lamb leg. Fold over the meat to enclose the filling. Use kitchen string to tie up the roast crosswise, to secure stuffing and its incision. Rub the lamb with olive oil; season generously with salt, pepper and rosemary.

3. Transfer meat to a roasting pan and roast in preheated oven until a meat thermometer inserted in the center registers 130 degrees F for medium rare (approximately 1 hour 15 minutes to 1 hour 30 minutes). After lamb has been removed from oven, let meat rest for 10 minutes before carving.

TO PREPARE STUFFING:

1 pound Italian sausage, loose sweet type
(or remove casings)
3 tablespoons butter
1/2 cup shallots, diced
2 cloves garlic, minced
1 pound spinach, par boiled, squeezed dry
and chopped
1 tablespoon fresh oregano, chopped
1 tablespoon fresh mint, chopped
1/2 cup fresh bread crumbs
1/4 cup pine nuts, toasted
1/4 cup Pecorino cheese, grated
1 whole egg, lightly beaten

TO PREPARE LEG OF LAMB:

1 whole boneless leg of lamb
(5-1/2-pound) shank end, well trimmed
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh rosemary
sea salt and fresh cracked black pepper

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 460 Calories;
38g Fat (74.5% calories from fat); 21g Protein; 9g
Carbohydrate; 3g Dietary Fiber; 120mg Cholesterol;
854mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean
Meat; 1 Vegetable; 6 Fat.