

# Chef from the Hood Recipes



**Chef:**

Meat Markets

**Restaurant:**

What's Cooking at Fiesta & Pacific Markets

**Recipe:**

Leg of Lamb!

## **Spectacular on the grill or in the oven, no waste and no bone to carve around!**

1 leg of lamb boned & butterflied by your Fiesta or Pacific butcher (see quantity note\*)

### **Marinade**

Mix together the following ingredients:

- ❖ 3/4 cup olive or vegetable oil
- ❖ 1/4 cup red wine vinegar
- ❖ 1 medium onion chopped
- ❖ 4 to 6 cloves of garlic peeled & bruised
- ❖ 1 tablespoon Dijon mustard
- ❖ 1/2 teaspoon crumbled dried oregano
- ❖ 1/2 teaspoon crumbled dried basil (or 1-2 tablespoons chopped fresh basil)
- ❖ 1 or 2 bay leaves crushed
- ❖ 2 teaspoons salt and
- ❖ 1/4 teaspoon of freshly ground pepper

### **Easy Method**

Make marinade, add lamb and place everything in plastic bag in a bowl, inside the fridge. Marinate 24-48 hours, (longer is better). Flip bag around occasionally while marinating. Remove meat from bag, broil or BBQ, fat side up 10 minutes, 4° from heat. Turn, baste with marinade, and broil 10 minutes more\*. If oven broiling, move meat to 425° oven for 10-15 minutes longer. If grilling, raise the grill, and continue basting and cooking. The leg of lamb is done when the outside is crusty, and the inside is juicy and pink!

\*Times vary depending on the size of the lamb. Ask us!