

Jerked Leg of Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns black
- ☐ 1 piece cinnamon sticks
- ☐ 2 tablespoons rum dark
- ☐ 4 garlic cloves chopped
- ☐ 6.5 pounds leg of lamb--trimmed boneless for even thickness cut into 3 equal pieces and butterflied
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 1 small onion chopped
- ☐ 1 teaspoon salt

- ☐ 2 large scallions chopped
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon thyme leaves
- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 tablespoons allspice whole

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ In a medium skillet, combine the allspice, cinnamon, peppercorns and cloves and cook over moderate heat until lightly toasted, about 1 minute.
- ☐ Transfer the spices to a plate and let cool, then grind them to a powder in a spice grinder.
- ☐ In a food processor, combine the soy sauce, onion, garlic, scallions, oil, rum, thyme, salt, nutmeg and ground spices and process to a paste. In a large shallow dish, coat the lamb with the marinade. Cover and refrigerate overnight.
- ☐ Light a grill or preheat a broiler. Grill the lamb over a moderately high flame or broil for about 10 minutes per side for medium rare, rotating and turning the meat for even cooking.
- ☐ Transfer the lamb to a cutting board and let stand, loosely covered with foil, for 10 minutes. Carve the lamb across the grain and serve hot.
- ☐ Wine Recommendation: The intense marinade gives spice to the lamb, narrowing the wine choice to a red with a pronounced pepperiness. But the plantains need something fruity. The solution? A fruity, spicy California Zinfandel, such as the 1996 Rabbit Ridge or the 1996 Alderbrook O.V.O.C.

Nutrition Facts



 **PROTEIN 56.95%**  **FAT 36.96%**  **CARBS 6.09%**

Properties

Glycemic Index:23.83, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:18.446521733118%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 240.83kcal (12.04%), Fat: 9.5g (14.61%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.47g (0.9%), Sugar: 0.52g (0.58%), Cholesterol: 99.06mg (33.02%), Sodium: 652.22mg (28.36%), Alcohol: 0.83g (100%), Alcohol %: 0.59% (100%), Protein: 32.92g (65.85%), Vitamin B12: 4.18µg (69.65%), Selenium: 36.71µg (52.44%), Vitamin B3: 10mg (50%), Zinc: 6.05mg (40.36%), Phosphorus: 315.95mg (31.59%), Vitamin B2: 0.41mg (24%), Iron: 3.37mg (18.72%), Vitamin B1: 0.23mg (15.39%), Vitamin B6: 0.31mg (15.3%), Manganese: 0.3mg (15.17%), Potassium: 515.48mg (14.73%), Vitamin K: 14.13µg (13.45%), Magnesium: 50.68mg (12.67%), Copper: 0.24mg (11.84%), Vitamin B5: 1.17mg (11.69%), Folate: 41.62µg (10.41%), Fiber: 1.05g (4.21%), Vitamin E: 0.57mg (3.77%), Vitamin C: 3.05mg (3.7%), Calcium: 35.33mg (3.53%), Vitamin A: 82.38IU (1.65%)