



Roasted Leg of Lamb

 Gluten Free  Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 3 tablespoons dijon mustard divided
- 2 tablespoons cooking sherry dry
- 1 cup cooking wine dry white
- 1 small bunch thyme leaves fresh
- 2 cloves garlic crushed peeled
- 8 servings kosher salt
- 6 pound leg of lamb bone-in

- 2 tablespoons olive oil extra-virgin

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- gravy boat

Directions

- Watch how to make this recipe.
- Place the lamb on a sheet pan covered with foil. In a bowl, combine 2 tablespoons of Dijon mustard, white wine, garlic, salt, black pepper, and thyme leaves. Stir to blend and rub all over the lamb. Cover and place it in the refrigerator to marinate for a few hours or overnight, turning the lamb over from time to time and recoating it with the marinade.
- Preheat the oven to 425 degrees F.
- Remove the lamb from the marinade and season on all sides with salt, pepper and olive oil. Reserve the leftover marinade for later use.
- In a roasting pan fitted with a roasting rack place the lamb, fatty side up, on the rack and place it in the center of the oven. . Having the leg elevated off the bottom of the pan will allow for more even roasting. At 425 degrees F, the roast should start to brown fairly quickly.
- After 25 to 30 minutes, lower the oven temperature to 350 degrees F. I usually count between 12 to 14 minutes per pound of meat (including the weight of the bone) for a roast. When the oven heat is lowered, count about 30 to 40 minutes and then check the inner temperature of the thickest part of the roast with an instant-read thermometer. Cook it to about 130 degrees F. The meat, once it "rests" will be a nice medium rare.
- Remove the roast and turn it fat side down onto a flat surface to rest. Resting the lamb on the opposite side will help to redistribute the juices. Note: Save the pan drippings.

- Place the roasting pan on the stove over medium low heat.
- Add the reserved marinade, dry sherry and 1 tablespoon Dijon mustard.
- Whisk together and simmer until thick.
- Transfer the sauce to a gravy boat and serve with lamb.
- Slice the lamb (against the grain) and serve family style.

Nutrition Facts

PROTEIN 58.35%

FAT 39.53%

CARBS 2.12%

Properties

Glycemic Index:21.13, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:23.168695385041%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.25kcal (16.91%), Fat: 13.37g (20.57%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.41g (0.46%), Cholesterol: 137.17mg (45.72%), Sodium: 390.49mg (16.98%), Alcohol: 3.48g (100%), Alcohol %: 1.7% (100%), Protein: 44.41g (88.83%), Vitamin B12: 5.79µg (96.45%), Selenium: 52.42µg (74.89%), Vitamin B3: 13.44mg (67.18%), Zinc: 8.33mg (55.51%), Phosphorus: 427.63mg (42.76%), Vitamin B2: 0.55mg (32.23%), Iron: 4.21mg (23.4%), Vitamin B1: 0.31mg (20.95%), Vitamin B6: 0.4mg (19.82%), Potassium: 659.25mg (18.84%), Magnesium: 65.11mg (16.28%), Vitamin B5: 1.58mg (15.83%), Copper: 0.28mg (14.1%), Folate: 50.29µg (12.57%), Manganese: 0.15mg (7.44%), Vitamin E: 1mg (6.65%), Vitamin K: 2.5µg (2.38%), Calcium: 23.42mg (2.34%), Fiber: 0.35g (1.41%), Vitamin C: 1.06mg (1.28%)