



Roasted Leg of Lamb



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 cup cooking wine dry white
- ☐ 2 cloves garlic crushed
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 6 pound leg of lamb bone-in
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small bunch thyme leaves

Equipment

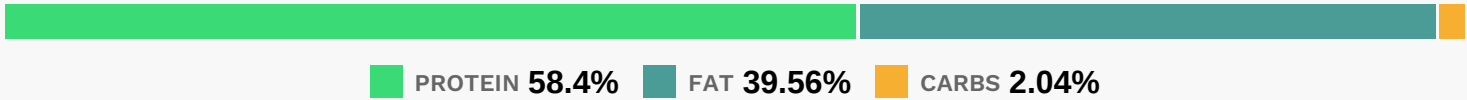
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ gravy boat

Directions

- ☐ Combine 2 tablespoons mustard, the white wine, garlic, 1 teaspoon salt, 1/2 teaspoon pepper and the thyme in a bowl.
- ☐ Pour over the lamb, then cover the lamb with plastic wrap and place in the refrigerator to marinate for a few hours or overnight, turning the lamb from time to time.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Remove the lamb from the marinade and place fatty-side up in a roasting pan fitted with a rack (reserve the marinade). Season on all sides with salt and pepper and rub with the olive oil. The bone should be elevated off the bottom of the pan; this will allow for more even roasting.
- ☐ Place the roasting pan in the center of the oven and roast 25 to 30 minutes. Reduce the oven temperature to 350 degrees F and continue roasting until an instant-read thermometer inserted into the thickest part registers 140 degrees F, 50 minutes to 1 hour 20 minutes more. (I usually count between 12 to 14 minutes total roasting time per pound of meat, including the weight of the bone.)
- ☐ Remove from the oven and let the roast rest fat-side down on a cutting board to help redistribute the juices, about 30 minutes. Save the pan drippings.

- ☐
- Meanwhile, make the gravy: Scrape the browned bits from the bottom of the roasting pan; transfer the drippings to a small saucepan.
- ☐
- Add the reserved marinade, the sherry and the remaining 1 tablespoon mustard and bring to a boil; cook over medium-low heat, whisking, until thick, about 5 minutes.
- ☐
- Transfer to a gravy boat. Slice the lamb against the grain and serve with the gravy.
- ☐
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:23.115217045597%

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: 338kcal (16.9%), Fat: 13.37g (20.57%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.41g (0.46%), Cholesterol: 137.17mg (45.72%), Sodium: 390.47mg (16.98%), Alcohol: 3.48g (100%), Alcohol %: 1.7% (100%), Protein: 44.4g (88.81%), Vitamin B12: 5.79µg (96.45%), Selenium: 52.42µg (74.88%), Vitamin B3: 13.43mg (67.17%), Zinc: 8.32mg (55.5%), Phosphorus: 427.47mg (42.75%), Vitamin B2: 0.55mg (32.22%), Iron: 4.2mg (23.35%), Vitamin B1: 0.31mg (20.94%), Vitamin B6: 0.4mg (19.81%), Potassium: 657.92mg (18.8%), Magnesium: 64.93mg (16.23%), Vitamin B5: 1.58mg (15.82%), Copper: 0.28mg (14.04%), Folate: 50.27µg (12.57%), Manganese: 0.14mg (6.8%), Vitamin E: 1mg (6.64%), Calcium: 22.98mg (2.3%), Vitamin K: 2.34µg (2.23%), Fiber: 0.33g (1.31%), Vitamin C: 1.06mg (1.28%)