



Stuffed Butterflied Leg of Lamb with Caramelized Lemon Jus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 sage leaves fresh divided ()
- ☐ 4 large garlic cloves; 3 sliced chopped
- ☐ 1 well-trimmed 4-to 4 1/2-pound leg of lamb boneless with shank end removed
- ☐ 3 servings caramelized lemon jus
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 4 ounces pancetta italian thinly sliced (bacon)

Equipment

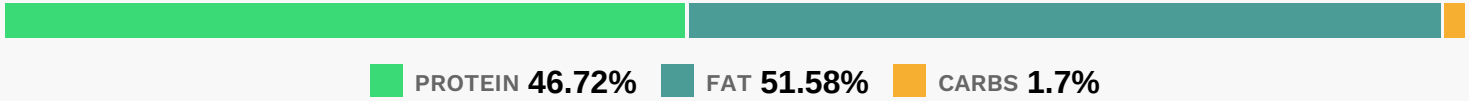
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Open lamb, boned side up, like book. Trim most sinew and fat, being careful not to cut any holes in meat. Make one 3/4-to 1-inch-deep full-length cut in each thick portion of lamb (do not cut through to work surface). Cover lamb with sheet of plastic wrap. Using rolling pin, pound to even 1- to 1 1/2-inch thickness (lamb will be about 8x19 inches).
- ☐ Peel off plastic wrap.
- ☐ Sprinkle lamb evenly with salt and pepper, chopped garlic, and lemon peel. Top with 15 sage leaves, spaced evenly apart. Cover with pancetta. Starting at 1 long side, fold lamb in half. Tie lamb tightly at 2-inch intervals into long roll. Using small knife, make deep slits in lamb and insert slice of garlic and piece of sage leaf in each slit.
- ☐ Sprinkle lamb with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Whisk lemon juice and oil in medium bowl; season with salt and pepper.
- ☐ Brush mixture all over lamb and let stand at room temperature 1 hour.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place lamb on grill and sear on all sides. Continue to grill until thermometer inserted into thickest part registers 130°F for rare, turning and brushing occasionally with lemon juice mixture, about 45 minutes.
- ☐ Transfer to cutting board.
- ☐ Let rest 10 minutes.
- ☐ Cut lamb into 1/2-inch-thick slices.
- ☐ Serve with Caramelized Lemon Jus.

- ☐ A Tuscan red canstand up to the bold flavors of the grilled lamb. The 2006 Col d'Orcia "Spezieri"(\$1
- ☐ has delicious cherry flavors that pair well with the meat. Plus, this Sangiovese blend is a great value.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:43.496521943289%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 903.06kcal (45.15%), Fat: 50.57g (77.8%), Saturated Fat: 14.64g (91.52%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.27g (1.19%), Sugar: 0.65g (0.72%), Cholesterol: 329.63mg (109.88%), Sodium: 546.74mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 103.07g (206.13%), Vitamin B12: 13.04µg (217.38%), Selenium: 120.09µg (171.56%), Vitamin B3: 31.23mg (156.17%), Zinc: 18.79mg (125.29%), Phosphorus: 981.95mg (98.19%), Copper: 1.45mg (72.7%), Vitamin B2: 1.23mg (72.37%), Vitamin B1: 0.79mg (52.45%), Iron: 9.06mg (50.34%), Vitamin B6: 0.97mg (48.71%), Potassium: 1495.26mg (42.72%), Vitamin B5: 3.7mg (36.99%), Magnesium: 136.19mg (34.05%), Folate: 113.56µg (28.39%), Vitamin E: 3.27mg (21.77%), Vitamin C: 12.48mg (15.13%), Manganese: 0.22mg (10.81%), Vitamin K: 8.5µg (8.09%), Calcium: 44.11mg (4.41%), Fiber: 0.49g (1.94%), Vitamin D: 0.15µg (1.01%)