



BONE-IN LEG OF LAMB

Vaguely based on recipes from Epicurious.com and thekitchn.com

INGREDIENTS

- 1 Leg of lamb
- Olive oil

Paste:

- ~8-10 Cloves of garlic
- 1/2 Tbsp Finely ground salt; sea salt is really nice if you have it
- ~4 Tbsp Fresh rosemary, chopped
- 1/2 tsp Fresh thyme, chopped
- 4 T Fresh sage, chopped
- 1/4 cup Freshly ground black pepper

DIRECTIONS

1. Get started about an hour ahead of when you will put the leg of lamb into the oven so it will be at room temperature when it starts cooking. (You should have already thawed the meat.)
2. Make the paste: use a mortar and pestle to mash up the garlic, or a garlic crusher, or finely chop the garlic then mash it with the flat of a wide-bladed knife (be careful!). Smash in the salt, pepper, and herbs.
3. Put the leg of lamb in your roasting pan. Drizzle olive oil over the lamb, all sides; rub it into the meat and fat. Smush the paste all over the leg of lamb. Let it sit for a half hour to an hour or so, to get to room temperature.
4. Heat the oven to 400F.
5. When the oven is hot, place the roasting pan in the oven. After ~15-20 minutes turn the temperature down to 350F.
6. Aim for these temperatures, according to how you like your meat done. This chart is made for bone-in leg of lamb, seared at the start, rested for at least 15 minutes after taking out of the oven (during which the internal temperature continues to climb):
 - a. Rare: 125F (~15 minutes per pound)
 - b. Medium-rare: 130-135F (~20 minutes per pound)
 - c. Medium: 135-140F (about 25 minutes per pound)
 - d. Well-done (aka ruined): 155-165F (about 30 minutes per pound)
7. Take the lamb out of the oven when it reaches the target temperature. Let it rest for at least 15 minutes.
8. Carve the lamb by slicing perpendicular to the bone, all the way to the bone. Cut the slices off by then slicing along the bone.