

Roasted Lamb with Mint Honey Sauce

Serves 4-5

- 1 Lamb top round (1¼ - 1½ lbs.)
- ½ cup mixed herbs, chopped (Italian parsley, oregano, rosemary & thyme)
- 1 Tbsp course grind black pepper
- 1 Tbsp garlic, chopped
- ¼ cup olive oil
- Mint Honey Sauce (recipe on following card)



The lamb top round is cut from the leg and provides the best roast of the 3 cuts which make up the whole leg of lamb. It should have a thin layer of fat covering the rounder surface of the cut which is okay. Mix the herbs with the olive oil, garlic, pepper and then rub all the surfaces of the lamb with this marinade. Keep the marinated lamb refrigerated for a minimum of 6 hours or overnight is fine. Remove the lamb from the refrigerator 30 minutes before cooking. Preheat an oven to 350°F. First, the lamb needs to be seared and a thick bottomed ridged grill pan works best for this. Lightly oil the pan and heat over a medium-high heat. Place the herb-coated lamb in the pan and sear all sides for a total of 6 minutes.

To finish cooking, place the lamb in a shallow roasting pan in the center of the preheated oven for approximately 25-30 minutes. For those of us who own an instant-read thermometer, insert it into the center where it should read 120° F for a medium-rare finish. But the real secret to success is after you remove the lamb from the oven—cover the lamb very loosely with a piece of foil and place in a warm area where the meat fibers can relax and retain all those lovely juices. The resting period also allows the heat to penetrate through to the center of the lamb, finishing the cooking process. So when the lamb is sliced it has a beautiful even color all the way to the center. A resting period of at least 20 minutes for a 1½ pound cut is necessary to achieve this. To serve, carve across the grain of the meat into thin slices and top with Mint Honey Sauce

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Mint Honey Sauce

Makes 2 cups

- 3 packed cups fresh mint leaves, washed & dried
- 3 oz Dijon mustard
- 4 oz red wine vinegar
- 5 oz honey
- Salt and fresh ground white pepper to taste



Place the mustard, red wine vinegar and honey into a blender, turn on low speed for a few seconds to mix well. Then continuing on low speed slowly feed the mint leaves, which have been well dried, into the blender until a smooth puree is made. Season well with salt and pepper.

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