

A Recipe from Bechard Family Farm
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Roast Leg of Lamb

5-6 pound leg of lamb
Rosemary, Thyme, & Mustard Paste

Leg of Lamb is a magnificent feast, suitable for only the most appreciative dinner companions. Unfortunately, many people have a tendency to overcook it; it is best served rosy and rare. So if you like juicy lamb, be sure to use your meat thermometer and remove the roast from the oven before it is too well-done.

Rub the Rosemary, Thyme, and Mustard Paste all over the leg, and rest the lamb at room temperature for 1 to 2 hours or, covered with plastic wrap, overnight in the refrigerator.

Preheat oven to 500 F.

Place the leg of lamb in a large roasting pan, set it in the oven, and immediately lower the heat to 250 F. continue roasting until a thermometer reads 120F for a rare roast, 130F for medium. Cooking times will vary based on the size of the leg and desired doneness, but allow at least 2 ½ hours at 250F for a medium-rare 5 ½ pound leg.

Remove the lab from the oven, cover loosely with foil, and rest for a *minimum* of 15 minutes before serving. The lamb will continue to cook during this time, and the temperature will go up another 5 to 10 degrees F.

Rosemary, Thyme, & Mustard Paste

2 cloves garlic, minced
1 tablespoon coarse salt
2 teaspoons freshly ground black pepper
1 tablespoon dried rosemary, crumbled
2 teaspoons dried thyme
½ teaspoon powdered mustard
6 tablespoons olive oil