



THE MEAT HOUSE: 60+ Minute Recipe

Your Neighborhood Butcher

DIJON SAGE CRUSTED LEG OF LAMB WITH ROASTED ROOT VEGETABLES

Yields: 2-4 Servings

- 1 boneless leg of lamb (roughly 2 pounds)
- Combine 6 finely chopped fresh sage leaves,
- ¼ cup Dijon mustard and ¼ diced garlic.
- 4-6 carrots
- 6-8 parsnips
- ½ butternut squash
- Canola oil kosher salt and
- fresh ground pepper

Instructions

Open the lamb and remove the netting. Season the inside with canola oil, salt, pepper and sage to taste. Re-tie the roast with butchers twine. Coat the lamb with canola oil then liberally season the meat with kosher salt, pepper and sage. Let it rest on a plate for 1 hour. While the meat is warming pre-heat the oven to 250 degrees. Peel and cut the carrots, parsnips and butternut squash. The carrots and parsnips can be cut into half length quarters. Leave the small ends whole. The squash can be cut across the width in quarter inch "chips". Arrange the vegetables on a baking sheet and drizzle olive oil over the top. Toss the veggies in the oil to fully coat them. Cut the sage leaves into ribbons and mix them with the mustard and garlic. Set aside. When ready to begin roasting, place the lamb on a rack in a large cast iron skillet (or oven safe pan). Place a meat thermometer probe into the thickest part of the roast and place the skillet in the oven leaving rack space to roast the vegetables. Immediately turn the temperature down to 200 degrees. Roast low and slow until the meat reaches 120 degrees. As the meat roasts, place the vegetables in the lower rack and let them cook until the smaller piece soften and caramelize. When the veggies are done, remove them to a warmer drawer or cover with foil and let them rest on the stove top. When the meat is ready, remove the roast and allow it to rest for 25 minutes. Turn the oven up to 500 degrees. 5 minutes



Options

- This low and slow method of roasting works well with beef and buffalo as well.
- Add a pan sauce! After crusting the lamb, return the skillet to the stove top and turn the heat to medium high.
- Deglaze with ½ cup water, add ½ cup red wine and 3 sage leaves and simmer until thickened.

before returning the lamb to the oven, evenly coat the meat with the dijon-sage-garlic mix and put the meat back on the rack. Return the roast to the 500 degree oven and crust the meat for 5 minutes. Remove the meat and put it on a cutting board loosely covered in foil until ready to carve. Arrange the vegetables on a serving platter and carve the meat to your preference. Serve the meat atop the vegetables or on its own platter.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com