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## LEG OF LAMB

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- 1) The first step in processing consistently delicious lamb to invest in a quality internal stem thermometer. This will not only assure a succulent roast done to your liking, it will also insure your meal was cooked in accordance with food safety guidelines. This greatly decreases the chance of illness.
- 2) Preheat oven and empty roasting pan at 500 degrees. Approximately 10 minutes.
- 3) Season the roast on all sides with a generous amount of salt, pepper, fresh garlic and rosemary.
- 4) Rub generously with olive oil and place the meat in the preheated roasting pan, fat side down, for approximately 15 minutes or until a desired color is obtained.
- 5) Turn roast over and let other side brown to your liking. Approximately 15 minutes.
- 6) After steps 4 and 5 are complete, turn oven temperature down to 250 degrees.
- 7) After approximately 2 1/2 hours, check internal temperature. If desired doneness is reached, remove from roasting pan. Recommended Internal temperature readings are approximate as follows:
  - Rare: 125 degrees*
  - Medium: 135 degrees*
  - Well done: 160 degrees*

We hope you enjoy the lamb!