

Butterflied Leg of Lamb
(Brenda's Kitchen, April 2009)

This recipe is on the menu for my family's Easter Dinner. Serves 6.

Ingredients:

For the Mint Sauce:

- ½ cup cider vinegar
- 1/3 cup sugar
- 2/3 cup chopped fresh mint leaves
- Pinch of salt

For the Lamb:

- 2/3 cup dry red wine
- 1/3 cup olive oil
- 2 tablespoons chopped shallots
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 leg of lamb, 6-7 lb, boned, butterflied and trimmed of visible fat

Directions:

A butterflied leg of lamb is a large, flat, boneless piece of meat weighing about 4 lb; your butcher can prepare it for you. This goes best with the basics: garlicky mashed potatoes, potatoes grilled or roasted with rosemary, or rice pilaf. The tart mint sauce suggested here bears no resemblance to the sweet mint jelly often served with lamb.

To make the mint sauce:

- Combine the vinegar and sugar in a small sauce pan and bring to a boil, stirring just until the sugar dissolves.
- Remove from the heat and add the mint and salt; set aside to allow the flavors to mellow.

To prepare the lamb:

- Place it in a glass or porcelain dish or enameled baking pan large enough for it to lie flat.
- Stir together the wine oil shallots, rosemary, garlic, salt, and pepper.
- Pour over the lamb and marinate for at least 2 hours, or all day if you wish, turning occasionally.
- Prepare a fire in a grill. Position the oiled grill rack 4-6 inches above the fire.
- Remove the lamb from the marinade and pat it dry with absorbent paper towels; reserve the marinade.
- Place the lamb on the rack. Grill for 35-45 minutes, turning frequently and brushing occasionally with the reserved marinade.
- The meat should remain pink inside; make a small cut in the thickest part to check.
- Remove from the grill and let rest for 5 minutes, covered loosely with aluminum foil.
- Carve across the grain into thin slices. Serve with the mint sauce.

Wine Pairing Recommendation: Clos LaChance Violet-Crowned Merlot or Estate Grenache