

LAMB LEG "PROVENÇALE"

1. PICTURE RECIPES – Main course / Meat (September 2015)

Equipment and Tool needed:



Roasting tray, small rack, Cutting boards (white = vegetables | red = meat), Butcher string, Peeler, small knife, Chef's knife, Butcher's knife, Aluminium foil || Lemon juicer, Mortar and pestle, Saucepan, Wooden spoon, Fine sieve – not in picture

Ingredients needed:



Lamb leg (preferable boneless), Garlic cloves fresh, Onions brown, Carrots, Celery, Leek, Black pepper corns, Sea salt (Fleur de sel), Parsley flat fresh, Thyme fresh, Rosemary fresh, Mint fresh, Oregano leaves dry, Mustard Dijon, Anchovy fillets, Lemon skin and juice fresh, Tomatoes fresh, Tomatoes canned chopped, Tomato paste, Bay leaf, Clove || Red wine cooking, Olive Oil cooking, Olive Oil extra virgin – not in picture



Preparation / Cooking Lamb leg:



1. *Debone Lamb leg (preferred already deboned) – ask your Butcher to do this for you*
2. *With Butcher's knife trim off excessive fat*
3. *Spread out (Butterfly cut) lamb leg evenly skin side down*
4. *With Butcher knife make some incisions*
5. *Keep aside (covered in refrigerator) for later*

Preparation / Cooking Paste:



6. *Chop roughly all fresh herbs (Parsley flat, Thyme, Rosemary and mint)*
7. *Chop roughly garlic cloves, add both to Mortar and Pestle*
8. *Add Oregano leaf dry, Anchovy fillets, Sea salt (Fleur de sel), Black pepper corns, Mustard Dijon, Finely chopped lemon skin, fresh lemon juice and Olive Oil extra virgin to Mortar and Pestle*
9. *Pound / make to a Paste*

Preparation / Cooking Lamb leg:



10. *Take Lamb leg out of refrigerator, season with Sea salt (Fleur de sel) and Black pepper from the pepper mill*
11. *Spread / rub in ½ of the Paste (skin side down) evenly*
12. *Roll up (cylinder shape / style)*



Preparation / Cooking Lamb leg:



13. *String Lamb leg with Butcher string*
14. *Season with Sea salt (Fleur de sel) and Black pepper from the pepper mill*
15. *Rub in the rest of the Paste around the Lamb leg (covered with Paste)*



16. *Place Lamb leg on rack, then into the roasting tray*
17. *Roast in preheated oven (250C – top and bottom heat), for 10 minutes – so that the outside is seared off (nice brown colour) to keep the meat juices inside the Lamb leg*

Preparation / Cooking Mirepoix:



18. *Cut carrots, celery, onions into small dices, crush Garlic clove, add Bay leaf, Clove and Black pepper corns, keep separately*
19. *Cut leek into small dices, keep separately*
20. *Chop roughly Parsley flat and Rosemary stems, keep separately*
21. *Cut Tomato fresh in to small dices, keep separately*



Preparation / Cooking Mirepoix:



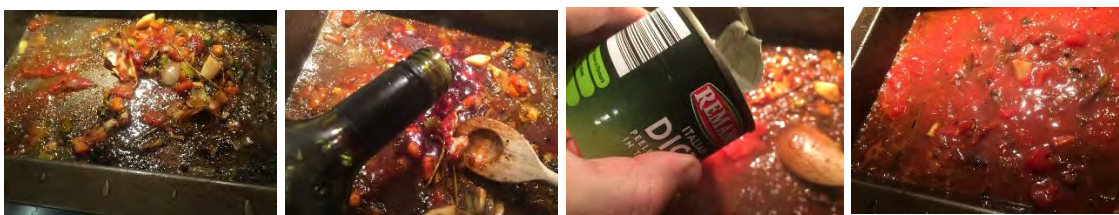
22. Take browned (sealed off) lamb leg out of the oven. Turn down oven temperature to 190C
23. Add Olive Oil (cooking), add Mirepoix (Carrots, celery, onion, garlic, Bay leaf, Clove and Black pepper corns), continue roasting in the oven for 10-15 minutes (occasionally stir / mix the Mirepoix around)
24. Add leek, herb stems and chopped tomatoes, continue roasting in the oven for 10-15 minutes (occasionally stir / mix the Mirepoix around)
25. Add tomato paste, continue roasting in the oven for 10-15 minutes (occasionally stir / mix the Mirepoix around)

Preparation / Cooking Lamb Leg:



26. Take out Lamb leg (Core temperature of 61C = pink)
27. Let rest for 10-15 minutes on rack, covered with aluminum foil (keeping it hot), set aside

Preparation / Cooking Sauce:



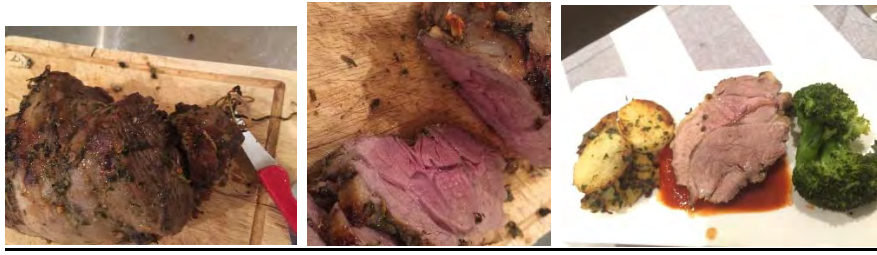
28. Continuing sautéing Mirepoix in roasting tray
29. Deglaze with red wine (cooking), reduce to a syrup like consistency
30. Add canned diced tomatoes, reduce by ½



31. Strain through fine sieve into a saucepan, reduce to desired consistency, season and finish with a splash of Olive oil (Extra virgin)



Plating:



32. Take off string from the Lamb leg
33. Slice (against the grain of the meat) equal thick slices
34. Arrange / plate up and serve

Remarks / Suggestions:

-Serve with Lyonnaise potatoes (sautéed potatoes with onions and chopped parsley) and steamed green vegetables (Broccoli or green Beans)

Bon Appetite

Chef & Guide Dog User Martin

www.enabledcooking.com

