

Lamb Leg “Provencale”

Quantity	5 Port.				
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Category	Main Course Meat				
Time	Preparation time	30 minutes	Cooking time	35-45 minutes
Difficulty	Intermediate				

Ingredients

<u>QUANTITY</u>	<u>UNIT</u>	<u>PRODUCE</u>
1	KG	Lamb leg, deboned
	As needed	Sea salt, Fleur de sel
	As needed	Black pepper from the pepper mill

PASTE

50	GR	Parsley flat, fresh
30	GR	Thyme fresh
30	GR	Rosemary fresh
10	GR	Mint fresh
5	GR	Oregano leaves dry
40	GR	Garlic cloves fresh, peeled
5	PC	Black pepper corns
5	GR	Sea salt, Fleur de sel
20	GR	Mustard Dijon
10	GR	Anchovy fillets
5	GR	Lemon skin finely chopped
5	ML	Lemon juice fresh
20	ML	Olive oil extra virgin

MIREPOIX

20	GR	Carrots fresh, peeled, diced
10	GR	Celery fresh, peeled, diced
20	GR	Onions brown, peeled, diced
1	PC	Garlic clove
10	GR	Leek fresh, diced
1	PC	Clove
1	PC	Bay leaf
4	PC	Black pepper corns
	Some	Herb stems (Rosemary and parsley flat)
50	GR	Tomato fresh, cubed

SAUCE

10	ML	Olive Oil cooking
10	GR	Tomato paste
1	CAN	Tomatoes diced
100	ML	Red wine cooking
5	ML	Olive Oil extra virgin
	As needed	Sea salt, Fleur de sel
	As needed	Black pepper from the pepper mill

Mise en place / Pre-Preparation

- Debone lamb leg, trim off excessive fat
- Spread out (Butterfly cut) lamb leg evenly skin side down
- With Butcher's knife make some incisions



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Follow instruction on my [Picture Recipe](#) for this dish / recipe (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed

http://www.enabledcooking.com/wp-content/uploads/2015/09/PR_LambLegProvencale1.pdf

Remarks / Comments:

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

