



Roast Leg of Lamb



Serves 6-8

Ingredients

	Leg of Alberta Lamb	
2 tbsp.	Canola oil	15 mL
4	Garlic cloves, cut in half	4
2 tsp.	Fresh rosemary or dried rosemary	10 mL
	Salt and pepper to taste	
½ cup	Water	125 mL
	Potatoes, peeled and cut into large pieces (optional)	

Method

Place lamb into a roasting pan with roasting rack and ½ cup water. Rub oil onto skin. Slit the meat and insert garlic into slits. Sprinkle with rosemary, salt and pepper. Preheat oven to 325°C and roast until meat thermometer reads “rare” 60°C (140°F) or “medium” 65°C (150°F).

Add potatoes to roasting pan approximately 1 hour before end of cooking time. Total cooking time is approximately 3 hours. Let stand 10 minutes before carving.

Why Choose Alberta Lamb?

Alberta Lamb is a nutritious, delicious, lean meat that can be prepared in a variety of ways. It is easy to cook, and is locally available either from select retailers or directly from a producer. From a backyard barbecue to a fancy gourmet dinner, **Alberta lamb** delivers great taste every time.

Alberta Lamb is rich in protein, iron, and B vitamins – niacin, thiamine and riboflavin. Recently, Canadian lamb was proven to be higher in protein, and lower in fat and calories than the imported product—very good news for health-conscious consumers.

A 100 g serving of cooked lean lamb is both low in calories and fat, yet provides:

Iron	8% of the total iron
B3 and B12 Vitamins	40% of the total B3 and B12 vitamins
Protein	40% of the total protein

of the adult daily requirement.



Buying and Storing Lamb

When buying **Alberta Lamb**, look for meat that is firm and fine-grained. Color may range from light to dark pink and the fat should be white to creamy white.

- Serving Sizes ■ Leg serves 6 to 8 people
- Allow 200–300 g (½ – ¾ lb.) per person for bone-in cuts
 - Allow 100–150 g (¼ – ⅓ lb.) per person for boneless cuts

It is best to use most fresh cuts of **Alberta Lamb** within 2–4 days, although fresh ground lamb should be used within 1–2 days. Freeze all cuts that you plan to use later on.

	Refrigerator, 4°C (40°F)	Freezer, -18°C (0°F)
Roasts	3–4 days	8–10 months
Chops	2–3 days	8–10 months
Ground Meat	1–2 days	2–3 months

For a list of **Alberta Lamb** retailers and freezer lamb suppliers in your area, please visit www.albertalamb.com



How to Cook Lamb to Perfection!



Tips

- It is important not to overcook lamb—fresh lamb is tender, juicy and delicious when slightly pink in the middle.
- Use low to moderate heat for most lamb dishes. Unless otherwise specified, a roasting temperature of 160°C (325°F) is recommended.

Degree of Cooking	Internal Temperature	
Rare	60°C	140°F
Medium	65°C	150°F
Well Done	70°C	160°F



Selecting a Cut

Cook the classic **Leg of Alberta Lamb** whole, butterflied, sliced into thick steaks, or cubed and barbecued as kabobs.

- Barbecue or oven roast at 325°F large cuts (use a rack to roast).
- Butterflied leg of lamb is a favourite on the grill (turn every 10 minutes).
- Pan-fry, broil or barbecue leg steaks (turn halfway through cooking).
- Braise shanks with liquid and seasonings.

Purchase the popular **Rib Cuts** whole (rack roast), or as individual rib chops. Join two or more whole rib sections (with loin included) to create a crown roast.

- Oven roast racks and crown roasts at 325°F.
- Pan fry, broil or barbecue rib chops.

The **Loin** (including the backbone, tenderloin and a meaty section) may be purchased whole, or cut into slices for loin chops.

- Barbecue or oven roast large cuts at 325°F (use a rack, place fat side up).
- Pan fry, broil or barbecue loin chops.

Cook **Shoulder, Front and Flank** cuts at a low temperature, no higher than 160°C (325°F) with moisture (braised). The shoulder can be served whole or cut into shoulder chops. Front and flank cuts are the shank, flank and riblets. Shoulder roasts are available bone-in or deboned and rolled.

- Roast shoulders and boneless rolled shanks at 325°F, or
- Braise shoulders and shanks with liquid and seasonings.
- Pan fry, broil or barbecue shoulder chops.

Braise Perfectly! Use a small amount of liquid to create moist heat to cook less tender cuts of meat. Cover and cook at 325°F until a fork pierces the meat easily.

Other cuts include stewing meat, cubes for kabobs, and ground lamb. Kabob cubes, cut from the leg and loin, are the most tender. Make ground lamb into meatballs, patties or curries. It can replace ground meat of any kind in your favourite recipe.

- Barbecue, pan-fry or broil ground lamb and kabob cubes.
- Barbecue kabob cubes skewered with vegetables for a quick and tasty meal.

Add a Little Seasoning!

- Excellent spices for cooking lamb include: mint, parsley, rosemary, thyme, marjoram, coriander, garlic, basil and oregano.
- Lamb can be served with traditional mint jelly, but you can also consider red pepper jelly, maple syrup, barbecue sauce, currant or grape jelly, cranberry sauce or sweet and sour sauce with your next lamb dish.

Cook Like a Pro! Always let the meat rest before carving to distribute the juices evenly throughout for moist, succulent **Alberta Lamb** every time.

For more delicious recipes and information about this high quality, versatile meat, visit our website www.albertalamb.com.

Try substituting **Alberta Lamb** in your favorite meat recipe—it will work perfectly!

