

French Leg of Lamb



Serves 6-8

Ingredients:

Leg of Alberta Lamb

¼ cup Olive oil

¼ cup Soy sauce

1 tsp. Thyme

¼ tsp. Ginger

Dry mustard, as desired

Method:

Cut all visible fat off the leg. Mix the olive oil, soy sauce and spices to form a paste. Spread on the lamb and let sit for ½ to 1 hour.

Roast in a 375°F oven for 15 minutes. Turn the oven down to 225°F and continue to cook for 5-6 hours. Internal temperature should be 160-170°F.

Your Notes



You've got ***GREAT*** taste!

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