

Honey Lime Lamb



Ingredients:

Alberta Lamb roast
1½ cups cider or apple juice
½ cup honey
2 Tbsp lime juice
1 tsp. grated lime peel
1 tsp. dried leaf rosemary
1 tsp. ground ginger
1/8 tsp. garlic powder

Method:

Roast lamb in a 325 °F oven. Combine cider, honey and lime juice in a pan and mix well. Cook and stir over a medium heat for 2-3 minutes or until honey melts. Stir in lime peel and seasonings. Spoon over lamb roast about halfway through cooking. Baste with juices several times during roasting. When roast is done, skim fat from pan juices and serve with roast.

For a change, make a half recipe and baste lamb chops with it whilst broiling.

Recipe courtesy of Pam Tyas, Carstairs

Your Notes



You've got **GREAT** taste!

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