

BRAISED LAMB WITH GRILLED VEGETABLES

PROCEDURE

1) LAMB

Heat oven to 325-350 degrees.

Prepare the leg of lamb by cutting the sinew and the end of the bone. Make several cuts ½ inch deep along the leg. Season with salt, pepper, rosemary, and drizzle with olive oil.

Bake for 30 minutes on each side, basting throughout, until lamb is golden brown.

2) VEGETABLES

Heat oven to 350 degrees.

Cut all vegetables into same size pieces.

In a large bowl, toss the vegetables with olive oil, salt and lemon zest. Mix well and spread on sheet pan. Bake in the oven for 15 to 20 minutes.

3) SERVE

INGREDIENTS

FOR THE LAMB

1 leg of lamb (5 lbs approx.)

Salt, pepper, rosemary and olive oil

FOR THE ROASTED VEGETABLES

2 carrots

2 beets

5 oz green beans

5 oz small red potatoes

3 oz onion

Serves 4

