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Butterflied Leg of Lamb

Makes 6-8 servings

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1(6lb) boneless leg of lamb (if you do not like lamb, you can prepare this recipe using a pork roast of the same size)
½ cup Dijon mustard
2 tablespoons soy sauce
1 teaspoon rosemary (dried)
½ teaspoon ginger (dried)
1 clove garlic, minced
1 tablespoon olive oil

Equipment for class

One small bowl
Large baking dish
Plastic wrap
Broiler pan

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1(6lb) boneless leg of lamb, butterflied (if you do not like lamb, you can prepare this recipe using a pork roast of the same size)

½ cup Dijon mustard

2 tablespoons soy sauce

1 teaspoon rosemary (dried)

½ teaspoon ginger (dried)

1 clove garlic, minced

1 tablespoon olive oil

1. Mix seasonings in a small bowl.
2. Place the lamb in a baking dish and spread the seasoning mixture evenly over the lamb, on both sides. Cover the dish with plastic wrap. Refrigerate for 3-24 hours or until ready to cook. A longer marinade time will deepen the flavor.
3. Allow the lamb to sit at room temperature for 30-45 minutes before cooking.
4. Heat your broiler high and place the lamb 5 inches below the flame/coil. Cook the butterflied lamb for 10-15 minutes on each side. Test the temperature of the meat in the thickest part of the lamb with an instant-read thermometer. Medium rare 135 degrees, medium 150 degrees, well 160 degrees. Note that these temperatures allow for the meat to rest covered for 5 minutes. The internal temperature will continue to rise as the meat sits. Slice and serve.