

Roasted Italian Leg of Lamb

Ingredients

- 5-8 pound boneless or bone in leg of lamb
- 4 cloves of garlic
- ¼ cup olive oil
- ¼ cup parmesan cheese
- ¼ cup chopped fresh basil
- Salt and pepper to taste

Instructions

1. Cut slits in the roast and insert garlic.
2. Make paste with oil parmesan and basil, rub over roast.
3. Season leg with salt and pepper.
4. Place roast in cooking bag and refrigerate overnight.
5. Place bag with roast in 350 degree oven for approximately one hour and 45 minutes or until internal temperature is 135-140 degrees for medium rare.
6. Let rest 10 minutes before carving.
7. Serve with roasted potatoes and green beans.

Notes:

Grilled Lemon Pepper Chops

Ingredients

- 4-6 lamb loin chops, shoulder or sirloin chops
- Olive oil
- Lemon pepper

Instructions

1. Rub chops with oil and season with dusting of lemon pepper on both sides.
2. Let rest 10 minutes.
3. Grill chops on medium heat for 4-5 minutes per side for medium.
4. Serve with green salad and garlic bread.

Notes:

Grilled Lamb Kabobs

Ingredients

- 3 pounds lamb stew meat (or boneless roast cut in one-inch pieces)
- One package cherry tomatoes
- One each green pepper and yellow pepper cut into one-inch pieces
- One sweet onion cut into one-inch pieces
- One bottle Italian dressing

Instructions

1. Marinate lamb in dressing overnight.
2. Assemble kebobs on skewers alternating with lamb and veggies keeping lamb on bottom and top for anchor.
3. Grill over medium heat for approximately 5 minutes per side.
4. Serve over couscous.

Notes:

Crock Pot Pulled Lamb

Ingredients

- 4 pound leg of lamb or 4-6 lamb shanks
- 4-5 cloves chopped garlic
- 2 cups chicken stock
- Salt and pepper to taste

Instructions

1. Place everything in a crock pot set on low for 8-9 hours.
2. Shred the braised lamb.
3. Serving suggestions:
 - Serve in pita (pocket) bread with tomato, cucumber and tzatziki sauce
 - Serve in corn tortillas with salsa, avocado and cheese
 - Add BBQ sauce and serve in a bun with coleslaw

Notes:

Margarita Lime Lamb Taco Salad

1 pound of ground American Lamb

½ onion diced

½ lime

½ cup of sliced mushrooms

1 package of Taco seasoning

¼ cup of Tequila

1 bag of Nacho Chips

1 cup of diced tomatoes

½ cup of scallions

1 cup of sharp cheddar cheese

At medium heat add a 2 tablespoons of olive oil to fry pan and then combine onions and mushrooms
Sauté until both are soft, than add tequila, stir in for about 2 minutes than add American Lamb.
Cook until ground lamb is around 140 degrees, than squeeze the lime over top of mixture, and stir in.

Serving instructions

Lay nacho chips in center of bowl or plate, put Margarita Lime Lamb Taco mix over chips, then add topping of tomatoes, scallions, black olives and cheddar cheese.

Makes about 6-8 servings

Mint Chimmichurri

½ cup of mint leaves

½ cup of parsley leaves

2 large cloves of garlic

¼ cup of tarragon leaves

¼ teaspoon crushed Red Pepper Flakes

1 teaspoon Kosher salt

½ teaspoon of Pepper

1 Lemon Zest and Juiced

½ of Olive Oil

1 medium Shallots

2 tablespoon of Red Wine Vinegar

Put all ingredients in food processor or mixture leave as a cream , than refrigerate over night then serve with lamb or beef