



RECIPES

CHEFWILLCOLEMAN.COM

Braised Lamb with Mint Pesto Sauce

Posted: January 12, 2018

Serves 5-8 People | 5 minutes- prep time | 3 hours and 35 minutes- cooking time | 3 hours and 40 minutes- total time

Ingredients:

1/4 cup olive oil
1/2 cup fresh mint
1/2 cup fresh parsley
1 small lemon, zested and juiced
1/2 orange, zested, and juiced
1 teaspoon cinnamon, ground
1 teaspoon paprika
8 pound boneless. leg of lamb
salt and pepper
1 large onion, sliced
2 cups vegetable broth
1 1/2 cups red wine

Directions;

Preheat your oven to the low broil setting or 500 degrees F.

Score the leg of lamb with deep criss-cross patterns. DO NOT CUT THE LAMB ALL THE WAY THROUGH! You are just making small slits into the top of the lamb, this will ensure that the lamb is flavored well during the cooking process.

In a blender or food processor. add the olive oil, mint, parsley, lemon, orange zest and juice, cinnamon, and paprika. Blend together until everything is blended together well

and smooth. Now, place the leg of lamb into an oven-safe pan. Be sure the pan is large enough to fit the entire leg of lamb comfortably. Pour in the pesto sauce on top of the meat and massage the sauce into meat. Once the sauce is well coated on the meat, season both side with salt and pepper. Then, place the sliced onions around the piece of meat.

Place the pan in the oven and bake for 25 minutes, uncovered. Now, remove the pan from the oven and reduce the heat to 300 degrees F.

Into the pan, pour in the broth and wine, then place the pan back into the oven, Bake for three hours, covered with a lid or a piece of foil. After two hours, remove the lid or foil to allow further browning. Once finished baking, place a meat thermometer into the thickest part of the lamb and it should read a minimum temperature of 145 degrees F.

Place the meat on a cutting board and wrap it loosely with foil. Allow it to rest for 15-20 minutes before carving into it.

Serve with the juices and onion slices.

Enjoy!

***Following the timing of this recipe will give you a medium-well piece of meat, which is an internal temperature of 160-170 degrees F. For a more rare piece of meat, take one hour of the cooking time in the oven off.

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
© 2018 by Bigg Kitchen.