

McGonigle's Market

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Boneless Leg of Lamb

Lean, tender and delicious, your family will love this wonderful delicacy. Rich with the fabulous flavor of young spring lamb, this roast is wonderful prepared in the oven or on the grill.

Basic Roasting Instructions

Rub the surface of the lamb roast with olive oil. Season with salt, freshly cracked pepper and rosemary. Garlic cloves may be stuffed into the crevices of the roast. Roast in an open, shallow pan for two hours at 325 degrees. Reserve drippings for basic gravy.

Grilled Butterflied Leg of Lamb

Cut the strings of the roast and open it up flat. Season as above, garlic can be inserted by making small slits and inserting garlic cloves. On the grill, braise both sides over direct heat for approximately eight to ten minutes per side. Move the roast so that it is not directly over the coals. On a gas grill, turn the grill down. Close hood and cook for approximately 30-40 minutes.

For other recipes, consult our website: www.mcgonigles.com