



SLOW ROAST LEG OF LAMB WITH ROSEMARY AND PORT

PREPARATION: 25 MINUTES

COOKING: 4 HOURS

6 SERVINGS

Nutrient Analysis

PER SERVING (1/6 of recipe)
1 serving = 90 g meat (3oz)
+ 45 ml (3 tablespoons) sauce

Renal exchange:

3 Protein + 1 Starch + 1 Vegetable

Calories	497 kcals
Protein	28g
Carbohydrates	20g
Fiber	3g
Total Fat	30g
Saturated Fat	14g
Cholesterol	133mg
Sodium	109mg
Potassium	545mg
Phosphorus	271mg

INGREDIENTS

- 1 leg of lamb, bone in (2 1/2lb - 3lb)*
- 2 teaspoons cumin*
- 6 cloves of garlic, chopped fine*
- 3 tablespoons each of chopped rosemary and mint*
- Zest and juice of 1 lemon (1/4 cup)*
- 3 tablespoons olive oil*
- 2 teaspoons black pepper*
- 3/4 cup of water*
- 2 large yellow onions, quartered*
- 6 small white turnips, peeled and halved
or 3 bunches of radishes, tops off*
- 2 large carrots peeled and chopped in large pieces*
- 2 French scallions (or green onions), chopped fine*
- 1 cup port wine*
- Pepper, to taste*
- 1 teaspoon finely chopped fresh rosemary*
- 1/2 cup unsalted butter, cubed*

SUGGESTION

To save time and cost, the lamb may also be served simply with its drippings as a sauce, just add the rosemary for a little extra flavour. A fabulous meal for the holiday season!

PREPARATION

- 1** Mix cumin, pepper, garlic and herbs together with lemon zest and oil. Rub mixture over lamb. This may be done the evening before, wrapped in plastic, and refrigerated.
- 2** When ready to cook, pre-heat oven to 425° F (conventional oven). Place the lamb in a deep cast iron or enameled iron pan and sear in oven for 20 minutes, turning once. Drizzle the lamb with 3/4 cup water and 1/4 cup lemon juice, reduce the temperature to 250° F and leave to roast for 2 1/2 hours.
- 3** Remove from oven, add quartered onions, cut turnip and carrots seasoned with pepper; baste lamb and vegetables, return to oven and roast for 1 1/2 hours more.
- 4** Remove lamb and vegetables to a serving platter, cover and keep warm.
- 5** Keep all drippings in the pan (about 3/4 cup, if there is not enough liquid add 1/2 cup of water). Place the pan on the stove with heat on medium high until it sputters, add the scallions, cook for 2 minutes then add the port and simmer to reduce by half (about 5 to 7 minutes). Season with pepper and rosemary. Reduce heat and whisk in butter until sauce is creamy looking. Do not boil.
- 6** Pour sauce into a warmed gravy boat. Serve everything with couscous, white rice or double boiled potatoes.