

29/07/09

(ORIGINAL RECIPE)

Ingredients ▲

- 3/4 cup firmly packed fresh parsley
- 1/4 cup of rosemary leaves
- 1/4 cup of firmly packed mint leaves
- 1/4 teaspoon of crushed red pepper flakes
- 4 cloves of garlic
- 2 tbsp of grated lemon rind
- 2 tablespoons of olive oil
- 1 5 lb. boneless leg of lamb
- 1 jar of fire roasted red peppers, drained and patted dry
- 2 teaspoons of lemon pepper seasoning
- 2 teaspoons of adobo seasoning
- 4 tbsp of dijon mustard
- Fresh cracked black pepper
- Sea salt

Directions ▲

1. Heat the oven to 350 degrees.
 2. Using the food chopper, mince the parsley, rosemary, mint, red pepper flakes, garlic, and lemon rind. Grind til nearly a paste, add olive oil.
 3. Unroll the lamb (bless your butcher) cut side up on to plastic wrap covered work surface. Spread the pesto to cover the surface of the cut side of the lamb. Cover with a layer of red pepper. Sprinkle with 1/2 of the lemon pepper seasoning and 1/2 of the adobo seasoning.
 4. Roll up the lamb. Tie with butcher's twine every 3 inches or so.
 5. Mix remaining lemon pepper, and adobo into the mustard.
 6. Rub surface entirely with this mixture, then coat the meat with a little more fresh ground pepper and a generous rub of sea salt. You want the effect of the coarse grind salt and pepper to be almost like a crust..
 7. Roast on a rack in a shallow roasting pan.
 8. Bake at 350 degree for 60 minutes or until a meat thermometer inserted in the thickest part of the lamb leg reaches 145 degrees for medium rare. (Allow at least 15 to 20 minutes of resting time in your cook time)
 9. Cut the string and slice to serve.
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Fragment-Pie.

Ingredients ▲

- 3/4 cups firmly packed circumstance.
- 1/4 cup of contentedness
- 1/4 cup of firmly packed opportunity
- 1/4 teaspoon of (crushed) obstacles
- 4 cloves of characters
- 2 tbsp of grated suspicion rind
- 2 tablespoons of gossip oil
- 1 5 lb. boneless leg of love
- 1 jar of fire roasted red hatred, drained and patted dry
- 2 teaspoons of lemon pepper lies seasoning
- 2 teaspoons, seasoning of secrecy
- 4 tbsp of insecure mustard
- Fresh cracked climax
- Sea salt, triumph and loss.

Directions ▲

10. Heat the circumstance to 350 degrees.
11. Using the love chopper, mince the characters, contentedness, opportunity, obstacles, and suspicion rind. Grind until nearly a paste, add gossip oil.
12. Unroll the love (bless your butcher) cut side up on to societal wrap covered work surface. Spread the pesto of despondency to cover the surface of the cut side of the society. Cover with a layer of red hatred. Sprinkle with 1/2 of the lemon pepper lies seasoning and 1/2 of the seasoning of secrecy.
13. Roll up the love. Tie with butcher's choking twine every 3 minutes or so.
14. Mix remaining lemon pepper lies, and secrecy seasoning into the insecure mustard.
15. Rub wounds entirely with this mixture, then coat the characters with a little more fresh ground climax and a generous rub of triumph and loss salt. You want the effect of the coarse grind loss salt and climax pepper to be almost like a triumphant crust..
16. Stretch out on a rack on a shallow roasting stage.
17. Bake at 350 degrees for however long it takes or until a tears thermometer inserted in the thickest part of the circumstance reaches 145 thousand sobs, for medium rare. (Allow at least 15 to 20 minutes of resting time before asking those of your audience who cannot take any more, to leave.)
18. Cut the life saving string and slice to serve.