

Dutch Oven: Leg of Lamb

Yield: Serves 6

INGREDIENTS

2 tablespoons Grape seed oil - Grape seed oil has a high smoke point, which makes it a good substitute for olive or vegetable oils when stir-frying and sautéing and it's virtually flavorless.

3.5 - 4 lbs bone-in leg of lamb

1--15 cloves garlic, peeled

Few sprigs fresh sage

Few sprigs fresh thyme

1 teaspoon Himalayan salt

1 teaspoon freshly ground black pepper

1 large yellow onion, sliced

3 celery ribs, chopped

3 fresh bay leaves

10 carrots cut in half

2 cups bone broth

INSTRUCTIONS

Preheat the oven to 325°F

Pat your leg of lamb dry and make several deep incisions throughout the lamb with a paring knife.

Next, randomly insert garlic cloves, your sprigs of fresh thyme and fresh sage.

You can insert any combination into each of these incisions that you made.

Wrap your lamb in plastic wrap and place it in the fridge to let the meat infuse for a couple of hours, for even more flavor let it sit overnight. - I only let it sit a few hours and it still turned out delicious.

Heat grape seed oil in a large heavy skillet set over high heat.

Sprinkle the leg of lamb with salt and pepper and place it in the hot pan; brown well on all sides.

While that is browning place the onions, celery, carrots, bay leaves, 4 garlic cloves, a few sprigs of fresh thyme and fresh sage, and 2 cups of your bone broth on the bottom of a 7 quart Dutch oven.

When the lamb is done browning, place it in the Dutch oven on top of your onions, celery and spices.

Cover and bake in the oven for 3½ to 4 hours.

Serve with baked potato and roasted asparagus. Don't forget to add the tasty sauce that formed at the bottom of the Dutch oven to your meat and potato!