

# Lamb

- [Roast Leg of Lamb](#)

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<https://www.youtube.com/watch?v=f6079901PmU>

## Sear the Lamb

Score the fat (straight + diagonal)

Cover in olive oil

Salt + Pepper + Smoked Paprika to cover

Sear on all sides (on the roasting pan! use olive oil)

## Veggie Prep

Dice some brown onions (thick dice)

Chop some celery

Slice and chop some carrots

Place veggies in roasting pan

Add some rosemary and sage to the roasting pan

Add some water to roasting pan

## Lamb Prep

Dice Garlic

Wrap rosemary in sage

Pierce Lamb and put garlic + sage/mary inside it

Place Lamb on roasting rack over pan

Drizzle in olive oil

## Cook Lamb

210F for 120min

Remove Roasting Rack from Pan

Cover Lamb in foil and let sit

## Gravy

Heat up veggies on stove

Add Red Wine

Add Chicken Stock

Add some Dijon Mustard

Mix well

Make a roux (Butter + flour)

Put roux in the veggies and mix well  
Salt + Pepper for seasoning until it thickens  
Strain it to get Gravy