

# Herb Crusted Smoked Leg of Lamb

## Herb Crusted Smoked Leg of Lamb with Red Wine Rosemary Reduction

While lamb is a rich meat from a culinary perspective, it can also be rich from a nutritive perspective. The omega-3 content of lamb depends upon the diet. Sourcing organic, grass-finished product offers an option that is loaded with beneficial, anti-inflammatory omega-3 fatty acids. In Australia where the lamb is generally raised in such a manner, studies have shown lamb to rank among the top omega-3 foods in the daily diet. Grass-fed lamb has been shown to average at least 25% more omega-3s than conventionally fed lamb, including as much as 49% more ALA (alpha-linolenic acid). Grass feeding also reduces the overall fat levels in lamb by at least 15%.



Herb Crusted Smoked Leg of Lamb  
with Red Wine Rosemary  
Reduction,  
Red Lentil & Spinach Dal,  
and fresh Naan Bread

## ***Ingredients:***

- Leg of Lamb (6-8 pounds, bone-in)
- ~15 to 20 cloves of garlic, halve large cloves
- $\frac{1}{4}$  cup Dijon mustard

### *Herb Marinade*

- 1 sprig rosemary, leaves only
- $\frac{1}{2}$  cup mixed fresh herbs (recommended: thyme, oregano, dill)
- 1 tablespoons salt
- $\frac{1}{2}$  tablespoon fresh ground black pepper
- 1 Tbs Dijon mustard
- Several garlic cloves
- Olive oil

### *Herb Crust*

- 1 cup breadcrumbs (Panko recommended)
- $\frac{1}{2}$  cup grated Parmesan cheese
- 1 Tbs salt
- $\frac{1}{2}$  Tbs fresh ground black pepper
- $\frac{3}{4}$  cup fresh herbs (basil, oregano, thyme, parsley, etc.)

### *Red Wine Reduction*

- 1 shallot, thinly sliced
- 2 Tbs olive oil
- 1 garlic clove, lightly crushed
- 1 sprig fresh rosemary
- $\frac{1}{4}$  cup balsamic vinegar
- 400 ml red wine
- 1.5 oz lamb or veal demi-glace
- 200 ml beef or dark chicken stock (may use water)
- 1 Tbs butter

## ***Directions:***

Trim excess fat from lamb, leaving no more than  $\frac{1}{4}$  inch cap. Using a paring knife, make slits approximately 1-2 inches apart throughout the leg, inserting garlic cloves until leg is completely seasoned with inserted garlic. Place all the ingredients except olive oil in a food processor and blend. Drizzle olive oil in until you have a thick paste. Cover leg of lamb and wrap tightly in cling wrap. Rest at least 4-6 hours, preferably overnight.



Leg of Lamb with Herb Marinade

Remove the lamb from the cling wrap, allow to come up to room temperature. Smoke the lamb according to directions for your smoker. For a Traeger set at high and roast for 15 minutes. Reduce to 350°F and continue to smoke for about another 60-90 minutes until internal temperature is about 125°F (for rare to medium-rare; 130°F for medium-rare to medium). Remove, cover with Dijon mustard and wrap in foil; allowing to rest at least 30-45 minutes.

Remove foil and cover again in Dijon mustard. Apply herb crust. Place under broiler for 1-2 minutes just to toast crust lightly. Rest and serve topped with red wine reduction.



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of Lamb



*For the Red Wine Reduction* (can be prepared ahead of time), sauté the sliced shallots in a saucepan with the olive oil over medium-high heat until lightly browned. Season with ground black pepper and add the garlic clove and rosemary. Continue cooking for another 2-3 minutes. Pour in the balsamic vinegar and cook until nearly evaporated and liquid is syrupy. Add red wine and cook until reduced by two thirds. Add veal or lamb demi-glace and the water or stock. Bring to a boil. Turn down the heat and simmer until reduced by one-third for a total volume of about 250 ml. Strain to remove the garlic and rosemary. Whisk in the butter. Season with salt and pepper.



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