

CARVING A LEG OF AMERICAN LAMB



A leg of American Lamb is a perfect centerpiece for buffet tables and catered events. Carving a leg of American Lamb in the dining room is an elegant presentation that allows guests to see the leg of lamb at its best — as a whole roast.

American Lamb is known for its mild yet distinctive flavor. A leg of American Lamb weighs about 7 to 10 pounds and will provide and feed an estimated 30 to 40 appetizer servings or 15 to 20 entrée servings.

Equipment Needed:

Carving Knife and Cutting Board

Ingredient:

Short Cut (3/4) Leg of American Lamb



To roast a whole leg of lamb, simply rub roast with olive oil and desired seasonings and place on a roasting pan with a rack. Roast at 325°F for about 20 minutes per pound or until desired degree of doneness (145°F for medium-rare). Remember to remove the lamb leg from the oven at a slightly lower degree of doneness than you prefer as internal temperature will rise about 10°F upon standing. Allow the leg roast to rest at room temperature for at least 20 minutes before carving.



Place the leg of lamb on the cutting board with the largest side of the leg facing up. If needed, cut a few slices from underneath so that the leg is stable on the board. Hold the roast in place by using a meat fork or grasp the roast by the shank end.



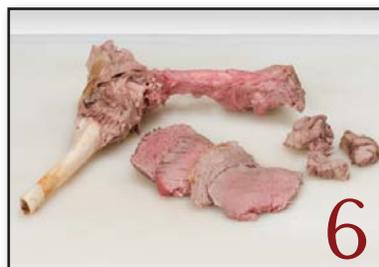
Cut thin slices at a 45-degree angle from the front rounded section of the leg roast. Continue slicing, working away from the shank.



Rotate the leg to reveal the meaty section at the back of the roast. Continue to carve thin slices.



Starting near the shank end and keeping the knife almost parallel to the bone, carve thin slices from the shank. Meat from each section of the leg will have its own character. The shank end is smaller so meat will have the greatest degree of doneness.



The remaining lamb meat can be cooled and held for use in appetizers, sandwiches, salads and soups. (See recipe suggestions on back.) Additionally, the bone can be used to flavor stock.

American Lamb Kebab Salad

Yield: 12 servings

INGREDIENTS

American Lamb leg meat, roasted, cut into 3/4-inch pieces	3/4 pound
Feta cheese, cut into 3/4-inch pieces	1/2 pound
Red onion, cut into 1/2-inch pieces	1 small
Grape tomatoes	36
Kalamata olives, pitted	36
Rosemary stems, 3 to 4 inches, picked clean to 1 inch	36
Lemon Vinaigrette (recipe follows)	
Micro or mixed greens	4 cups
Hummus	2 cups
Toasted pita chips	24

WEIGHTS/MEASURES



METHOD: Thread lamb, cheese, onion, tomato and olive onto each rosemary stem. Arrange three skewers on plate. Serve with micro greens, hummus and pita chips. Drizzle with Lemon Vinaigrette.

Lemon Vinaigrette: In a blender or food processor, combine 2 ounces lemon juice, 1 sliced shallot, 1 tablespoon chopped parsley, 1 tablespoon oregano leaves and 2 teaspoons chopped garlic. Blend on high and slowly add 6 ounces of olive oil. Season with salt and pepper

Hearty American Lamb and Barley Soup

Yield: 12 servings

INGREDIENTS

Olive oil	2 tablespoons
American Lamb leg bone	1
Garlic cloves, peeled, sliced thin	4
Pearled barley	1 cup
Broth or stock	1/2 gallon
American Lamb leg meat, roasted, shredded	1 pound
Shallots, sliced	6
Baby carrots, sliced 1/4-inch	1 cup
Celery, diced medium	1 cup
Roma tomatoes, peeled, seeded, diced medium	1 cup
Crimini mushrooms, sliced	1 cup
Sea or kosher salt <i>and</i> fresh ground pepper	to taste
Basil, mint, parsley, oregano, finely chopped	1/4 cup

WEIGHTS/MEASURES



METHOD: In a heavy-bottom pan, heat olive oil; add lamb bone, garlic and barley; cook for 10 minutes, stirring often. Add stock or broth to cover; simmer for 45 minutes. Add the lamb meat, shallots, carrots, celery, tomatoes and mushrooms; simmer for 15 minutes until barley and vegetables are tender. Adjust salt and pepper as desired. Remove the bone.

To serve, ladle the soup into bowls. Garnish with 1 teaspoon of freshly chopped herbs.

Open-Faced American Lamb Sandwich

Yield: 12 servings

INGREDIENTS

Napa cabbage or Belgian endive, thinly sliced	2 cups
Blue cheese dressing	8 ounces
Black or red grapes, halved and seeded	1 cup
Walnuts toasted, chopped	1 cup
Italian parsley, leaves only, chopped	1/2 cup
Cracked black pepper	to taste
American Lamb leg meat, roasted, sliced thin	3 pounds
Ciabatta bread, sliced and grilled or toasted	24 slices
Red Wine Vinegar Red Onions (recipe follows)	1/2 cup
Italian flat leaf parsley leaves	24

WEIGHTS/MEASURES



METHOD: In a chilled bowl, mix the chopped cabbage or endive with blue cheese dressing. Fold in the grapes, walnuts and chopped parsley. Add pepper to taste.

Place 2 ounces of lamb meat on top of the bread. Place a #24 scoop of salad mixture on top of the lamb of each open-faced sandwich. Garnish the top of each open-faced sandwich with 1 teaspoon of red onions and parsley leaves.

Red Wine Vinegar Red Onions: In a non-reactive container, toss 1 small red onion (finely shaved) with 2 tablespoons red wine vinegar. Refrigerate for at least 30 minutes before serving.