

Lamb Leg in Soy Mustard Sauce

Simple yet elegant presentation for a dinner party.

Ingredients

2/3 cup Fresh lemon juice
1/2 cup Brown sugar or honey
1/4 cup Dijon-style mustard
1/4 cup Soy sauce
1/4 cup Olive oil
2 Garlic cloves minced
1 teaspoon salt
1/2 teaspoon fresh ground pepper
1/2 inch slice fresh ginger root peeled

1 leg of lamb bone-in or butterflied

Cooking Instructions

1. Combine marinade ingredients and pour over lamb. Marinade at least 2 hours at room temperature or overnight in the refrigerator turning meat at least once. Drain before cooking and reserve the marinade.
2. Preheat oven 450 degrees or prepare coals for barbecuing.
3. If using the oven: Place meat on a rack fat side up and roast 15 minutes. Turn over and roast till done to desired temperature (appx 15 minutes for medium rare).
4. If using the barbecue: Place grill 4 to 5 inches above coals and grill fat side down and covered for 15 minutes. Turn over and cook till done to desired temperature (appx 10 minutes for medium rare).
5. While lamb is cooking heat the marinade in a small pot to a boil then cover and reduce heat. Remove ginger root right before serving.
6. To serve, slice lamb and serve with reduced marinade.