



FarmFresh

Recipes

April 2017

Available Now...

Lamb

Colorado is well-known around the world for its high quality lamb. Colorado is ranked third in the nation for sheep and lamb production with 435,000 head in the state.



Tips & Nutrition

Lamb is an excellent source of protein, Vitamin B-12, niacin, zinc and a good source of iron.



Fresh Inspirations...

Colorado Leg of Lamb Middle Eastern Style

Ingredients

- 5 lb. Leg of Lamb, boneless, rolled and netted
- 2 Tbsp. Salt
- 1 Tbsp. Pepper
- 1 tsp. Allspice
- 1 tsp. Cinnamon
- 1 Tbsp. Onion, granulated
- 2 Tbsp. Herbs de Provence, dried
- 4 Tbsp. Olive Oil
- 2 Tbsp. Garlic, fresh ground or paste

Directions

Preheat oven to 450°F. Place lamb onto a large cookie sheet and allow to rest at room temperature for 20-25 minutes. Mix the salt, pepper, allspice, cinnamon, onion and herbs together in a small bowl. Drizzle the lamb with olive oil and rub all sides to ensure coverage. Rub lamb with the crushed garlic on all sides then rub with the spice blend and allow lamb to sit for 20 minutes. Sear the lamb on all sides at 450 degrees for approximately 3 minutes per side. Turn the oven down to 325°F and continue to cook the lamb until desired doneness, approximately 60-90 minutes for medium rare. Remove the lamb from the oven and let rest for 10-15 minutes before slicing. Meat will "carryover cook" another 5-12 degrees while resting. Slice thin and serve with hummus.

Enjoy with a glass of Colorado wine such as Syrah from Bookcliff Vineyards in Boulder, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Greens