



THE ingles TABLE

with Steve Woronoff

Garlic Rosemary Leg of Lamb with Roasted Vegetables

Shopping List

- 4 lb Leg of Lamb
- 1 bulb of fresh garlic (gloves peeled and sliced)
- 1 large bunch of fresh rosemary
- 3 tablespoons extra virgin olive oil plus more for drizzling
- Smoked paprika
- Kosher salt and fresh ground pepper for seasoning
- 6 sweet potatoes (sliced into chunks)
- 6 carrots (sliced into chunks)
- 1 package whole mushrooms
- 1 box frozen peas
- 1 pint cherry tomatoes
- 2 large red onions (sliced into chunks)
- 6 bay leaves

Cooking Instructions

- 1)** Preheat the oven to 450 degrees.
- 2)** In a large pan place the sweet potatoes, carrots, whole mushrooms, red onions and season with kosher salt and fresh ground pepper. Sprinkle on the bay leaves and sprigs of rosemary. Drizzle with extra olive oil. Toss the vegetables to coat with oil and seasoning.
- 3)** Use a sharp, small knife and make 12 – 14 slits all over the lamb. Place a slice of garlic in each slit.
- 4)** Push a small sprig of rosemary into the slits of garlic.
- 5)** Coat the lamb with a thin layer of extra virgin olive oil then sprinkle with the smoked paprika, kosher salt and fresh ground pepper. Place the lamb on a rack.
- 6)** Spread the vegetables on a large edged baking sheet and place the rack of lamb on top.
- 7)** Place into the oven and bake for 20 minutes at 450 degrees, then turn the oven temperature to 400 degrees and continue baking for 45 minutes.
- 8)** Check the hard vegetables for tenderness and then add the tomatoes, peas and mushrooms. Continue cooking for 20 minutes.
- 9)** Remove roast and tent with foil for 20 minutes. Place the vegetables on a platter and mix making sure they are coated with the drippings that fell from the lamb while baking above the vegetables.
- 10)** Carve the lamb and arrange on top of the vegetables for serving.



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