

Grilled Butterflied Leg of Lamb with a Romaine, Feta, Lemon Vinaigrette Salad

Recipe courtesy Emeril Lagasse



Prep Time: 15 min Level: Intermediate Serves: 6 to 8 servings
 Inactive Prep Time: 1 hr 10 min
 Cook Time: 55 min



Ingredients

1 (4 to 5 pound) boneless, butterflied leg of lamb
 1/2 cup extra-virgin olive oil
 1/4 cup minced garlic
 6 tablespoons chopped fresh mint leaves
 3 tablespoons chopped fresh marjoram leaves
 3 tablespoons chopped fresh rosemary leaves
 3 tablespoons kosher salt
 1 tablespoon freshly cracked black pepper
 Crusty bread

For the Salad:

1/3 cup fresh squeezed lemon juice
 1 tablespoon honey
 1 tablespoon shallots
 1 teaspoon Dijon mustard
 1/2 teaspoon minced garlic
 1/2 teaspoon lemon zest
 1/2 cup extra-virgin olive oil
 1 pound romaine, cleaned and roughly chopped
 1/2 head radicchio, cleaned and roughly chopped
 2 cups chopped plum tomatoes
 2 tablespoons roughly chopped fresh basil leaves
 2 tablespoon roughly chopped fresh mint leaves
 3/4 cup thinly sliced red onion
 1 cup crumbled feta cheese

Directions

Lay the leg of lamb on a clean counter top and place plastic wrap over it. Use a mallet or a heavy cast iron frying pan to beat the meat to a uniform thickness of about 2 to 3 inches. Using a jacquard, tenderize the meat. Place the olive oil, garlic, mint, marjoram and rosemary in a food processor and process to a paste. Rub the paste all over both sides of the lamb and season with the salt and pepper. Allow to sit at room temperature, covered with plastic wrap, for about 1 hour.

Prepare the grill at medium-low heat. Place the leg of lamb on the grill and cook until the meat is well browned, about 6 minutes per side. Transfer the lamb to a baking sheet and roast in the oven for about 45 minutes longer, turning once during the cooking time, until a thermometer registers 140 to 145 degrees F for medium rare. Remove from the oven and allow to rest for 10 minutes before slicing and serving.

In a medium bowl, combine the lemon juice, honey, shallots, mustard, garlic and lemon zest. Whisk to combine and slowly, a few drops at a time, drizzle the olive oil into the mixing bowl whisking constantly. Set the vinaigrette aside as you prepare the salad.

Combine the romaine, radicchio, tomatoes, basil, mint, and red onions in a large bowl. Add the feta cheese and the vinaigrette and toss to combine. Serve with the grilled lamb and crusty bread.



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