

HOME COOKING

with Cathy



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Surprise everyone this Easter with Greek Roast Leg of Lamb!

Hello everyone,

I am delighted to be part of the 1st edition of Home Promoter. When my husband asked me to submit a recipe for our new monthly paper, my mind was swirling with thoughts all of my favourite recipes.

The recipes that came to mind are from many sources. They include recipes passed down from my mother and grandmother, my catering days, cooking courses in Niagara on the Lake, and of course recipes shared by neighbours and friends.

I knew one thing for sure. The recipes will be based on seasonal trends and foods from the bounty of our wonderful agricultural community.

So today I am going to share with you a recipe that I just recently received from Francis and Tim Tufts of Kendal.

Tim swears that this is the best tasting lamb he has ever cooked. It sounds so delicious that I am planning to pay a visit one of Clarington's many sheep farms and surprise everyone at Easter with Greek Roast Leg of Lamb..... enjoy!

- compliments of Tim Tufts

Greeks generally roast their lamb with the addition of liquid until it is well done, mouth-wateringly tender and juicy. The use of butter here rather than olive oil might surprise you; however, in much of northern Greece, especially in Greek Macedonia, cow or sheep's milk butter is commonly used in cooking.

Greek Roast Leg of Lamb *Compliments of Tim Tufts*

Ingredients

- 1 leg of lamb (4 to 6 lb/2 to 2.7 kg) or 2 legs suckling lamb (2 to 3 lb/1 to 1.5 kg each)
- 6 small garlic cloves, halved lengthwise
- 1-1/4 tsp (6 mL) ground allspice
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) each cinnamon and black pepper
- 1/3 cup (75 mL) butter, melted
- 1/3 cup (75 mL) lemon juice
- 1 tbsp (15 mL) crumbled (preferably Greek) oregano
- 1 tbsp (15 mL) tomato paste

Preparation

Trim fat from lamb. Cut 12 slits all over lamb; insert garlic half in each. Mix allspice, salt, cinnamon and pepper; sprinkle all over lamb. Place in roasting pan; roast in 400F/200C oven for 30 minutes. Meanwhile, mix together butter, lemon and oregano; baste lamb with half of the butter mixture. Roast for 30 more minutes and repeat basting with remaining mixture. Pour 1-1/2 cups/375 mL boiling water into pan; cover with foil. Reduce heat to 350F/180C. Roast, basting with pan juices every 20 minutes, until meat is well done and tender, about 1-1/2 hours. Transfer meat to cutting board; let stand for 5 to 10 minutes. Stir tomato paste into pan juices until dissolved. Cook over medium-high heat until slightly thickened, 4 to 5 minutes. Carve roast; place meat in warmed serving dish. Pour pan juices over meat.

Makes 6 to 8 servings

QUOTE OF THE MONTH

*“Home is an invention on which
no one has yet improved.”*

- ANN DOUGLAS