



STERLING
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MARINATED LAMB ROAST

WITH POMEGRANATE AND THYME

RECIPE BY JOEY ALTMAN



Pairs great with
Rutherford
Cabernet Sauvignon

The Turkey has been the entrée of choice for the majority of Thanksgiving menus. Well I am here to tell you it can be deliciously different. The Lamb roast recipe takes advantage of the season's sweet and tart pomegranates, whose seeds produce a marinade that renders the lamb tender, and tasty making it easy not to miss the ubiquitous flabby necked bird.

INGREDIENTS

1 lamb leg, about 5-6 lbs., boned, trimmed and tied (you can have the butcher do this)
sea salt and pepper

MARINADE

1 qt. pomegranate juice
1 bu. Thyme
½ cup peeled garlic cloves, roughly chopped
salt and pepper

DIRECTIONS

Season the lamb with salt and pepper.

Place lamb and marinade into a large sealable heavy duty plastic freezer bag. Squeeze out as much of the air as possible from the bag and seal. Wrap again with another plastic bag to ensure that the marinating lamb doesn't leak. Marinate for several hours, or overnight, in the refrigerator. Remove the lamb, still in its marinade bag, from the refrigerator at least 30 minutes before putting in the oven to help bring the lamb closer to room temperature before roasting

Preheat oven to 325°F. Arrange two racks in the oven - a middle rack to hold the lamb, and a lower rack to hold a roasting pan with which to catch the drippings. Place the empty roasting pan in the oven while the oven is pre-heating. Note that this arrangement of racks and pans, with the roast sitting directly on the oven rack, will create a natural convection of heat in the oven, causing the roast to cook more quickly than if cooked the traditional method in a rack in a roasting pan.

Remove the lamb roast from its marinade bag (you may want to temporarily place lamb in

another roasting pan, just to make it less messy to work with.) Pat dry the marinade off the lamb with paper towels. Generously salt and pepper all sides of the roast again. Arrange fattiest side up, so while the lamb is cooking the fat will melt into the meat. Place directly on middle rack of the oven, with a roasting pan on a separate rack a rung lower, to catch the drippings.

After 45 minutes start checking the meat thermometer. Note that every time you open the oven door, you'll need 10 minutes or so to bring the oven back up to temperature, thus slowing down the cooking process. So, don't check too often. Remove from the oven anywhere from 130°F to 135°F for medium rare. Lamb should never be cooked until well done or it will be too dry. Let stand for 15-20 minutes before carving. Cut away the kitchen string and slice with a sharp carving knife, 1/2 inch thick slices, against the grain of the meat.

While the roast is resting, use a metal spatula to scrape up the drippings in the roasting pan. Use the drippings to make a gravy, or use just the drippings themselves to serve with the lamb.

Serves 8