

Lamb For The Holidays

(NAPSA)—Whether preparing a rack of lamb for a special gathering or a stunning roast to impress loved ones, you can make the meal more wonderful with American lamb. Available year-round and produced in every state, it can be a fresh and flavorful way to entertain this holiday season. Leg of lamb is one of the most popular cuts and this recipe makes an easy and elegant holiday roast.



Leg of lamb can make for an easy and elegant holiday meal.

American Leg of Lamb with Roasted Vegetables

For the American Lamb:

- 1 6-lb. bone-in American leg of lamb
- 2-3 garlic cloves, sliced
- ½ lemon, cut into small wedges
- Garlic salt, to taste
- Lemon pepper, to taste
- Olive oil
- 1 can chicken broth (optional)

For the Roasted Vegetables:

- 6-8 red potatoes, quartered
- 5 carrots, sliced to ½-inch pieces
- 1 can small peas, drained

Preheat your oven to 350° F. Cut slits into the leg of lamb and insert the garlic clove slices. Squeeze lemon wedges over lamb and then insert the wedges into the slits in the meat. Season the lamb with garlic salt and lemon pepper, to taste. Drizzle a small amount of olive oil in a large roasting pan and place leg of lamb in pan, fat side up. Place the roasting pan in a preheated oven, uncovered, for about 2 to 2½ hours. If more juice is needed, add the chicken broth. Add the potatoes, carrots and peas to the pan and season to taste. Cover and cook for an

additional 1 to 1½ hours, or until you reach preferred doneness. Remove leg of lamb and let it rest for 10 minutes. Slice the lamb and serve it with roasted vegetables and juice from the pan.

Lamb Cooking Time and Temperature Suggestions

- Lamb leg, bone in, 5-7 lbs.**
325° F—20-25 minutes per pound
- Lamb leg, bone in, 7-9 lbs.**
325° F—15-20 minutes per pound
- Lamb leg, boneless, rolled, 4-7 lbs.**
325° F—25-30 minutes per pound
- Sirloin roast, boneless, 1¼-1¾ lbs.**
325° F—40-45 minutes per pound
- Top round roast, 1-1¼ lbs.**
325° F—50-60 minutes total
- Shoulder, boneless, rolled and tied, 3½-6 lbs.**
325° F—35-40 minutes
- Rib roast, 1½-2½ lbs.**
375° F—30-35 minutes
- Crown roast, not stuffed, 2 to 3 lbs.**
375° F—25-30 minutes