



## Rosemary Pesto Rubbed Leg of Lamb

Our Butchers hand select and trim each boneless leg of lamb and stuff into netting, ready to roast. This is flavorful marinate highlights the lamb's natural richness and makes a beautiful, fragrantly roasted centerpiece.

### INGREDIENTS:

½ cup fresh Rosemary, stems removed  
¼ cup fresh Mint, stems removed  
¼ cup Pistachio, roasted & unsalted  
2 Garlic Cloves, smashed with the side of a Chef's knife  
1 Lemon, Zested  
2 tsp Kosher Salt  
½ - 1 tsp Red Pepper Flakes  
½ cup Olive Oil  
1-Pine Street Market Boneless Leg of Lamb  
Kosher Salt

### PREPARATION:

- In a food processor combine rosemary, mint, pistachio, garlic, zest, salt, and pepper flakes and pulse to a chunky paste. Scrape down the sides, turn the processor on, and slowly add the olive oil to combine.
- Pour the pesto into a large zipper seal bag. Add the lamb and slowly squeeze out the air as you seal the bag. Massage the pesto evenly over the sealed lamb. Place the bag in a shallow baking dish and allow to marinate for 8-24 hours.
- Preheat oven to 350°F.
- Remove the lamb from the bag and allow to rest on a plate for one hour.
- Place the lamb on a roasting pan and cook until the thickest part of the meat reads an internal temperature of 140°F, about 90 minutes.
- Remove the lamb from the roasting pan and transfer to a platter or cutting board. Allow the roast to rest for 15 minutes before serving. Slice & Enjoy!

## How to Cook Red Meat

Most of us were raised to fear raw meat. Under cook steak. You could get sick. Over cook a roast. You just ruined dinner. So, I love teaching people that cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing to rest on a plate on your counter for at least 30 minutes. It's okay! Searing will kill bacteria living on the surface of the meat. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear while being raw on the inside.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F) Pork temperatures should be between 145°F to 155°F. I recommend using a large display digital probe thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout.
- Keep it simple. Hopefully, you have selected a beautiful cut and will want to enjoy its natural flavors. Drowning with a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly seared meat. Go for a simple compound butter or finishing salt, just enough to compliment the natural flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak or roast; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.