














Lamb with Garlic and Honey

INGREDIENTS:




For the Lamb:

-  1 leg of lamb (4-5 lbs)
-  1 teaspoon salt
-  1 teaspoon black pepper
-  4 garlic cloves, minced
-  2 tablespoons olive oil

For the Garlic and Honey Glaze:

-  1/4 cup honey
-  2 garlic cloves, minced
-  1 tablespoon olive oil
-  Juice and zest of 1 lemon
-  1 tablespoon fresh rosemary, chopped
-  1/2 teaspoon smoked paprika

For the Roasting Pan:

-  2 carrots, chopped
-  2 potatoes, cubed
-  1 onion, quartered
- 1 cup chicken or lamb broth

INSTRUCTIONS:

STEP 1: PREPARE THE LAMB

Season Lamb: Rub the leg of lamb with olive oil, minced garlic, salt, and pepper. Let it sit at room temperature for 30 minutes.

STEP 2: MAKE THE GLAZE

Combine Ingredients: In a small bowl, mix honey, garlic, olive oil, lemon juice, lemon zest, rosemary, and smoked paprika until well blended.

STEP 3: PREPARE THE ROASTING PAN

Arrange Vegetables: In a roasting pan, toss the carrots, potatoes, and onion with olive oil, salt, and pepper. Pour the chicken or lamb broth into the pan.

STEP 4: ROAST AND GLAZE THE LAMB

Roast: Preheat the oven to 325°F (165°C). Place the lamb on a rack over the vegetables and roast for 2 1/2 to 3 hours, basting every 20-30 minutes with the garlic and honey glaze, until the internal temperature reaches 145°F (63°C) for medium-rare.

Crisp: For a golden finish, increase the oven temperature to 400°F (200°C) for the last 15 minutes of cooking.

STEP 5: REST AND SERVE

Rest: Remove the lamb from the oven and let it rest for 15-20 minutes.

Serve: Slice the lamb and serve it with the roasted vegetables, drizzling any remaining glaze over the top for extra flavor.

Prep Time: 30 minutes | Cook Time: 3 hours | Total Time: 3 hours 30 minutes | Servings: 6-8