

## Chef from the Hood Recipes



**Chef:**  
Eastside Culinary Kings

**Recipe:**  
Leg of Lamb

**Please note: The recipe below is not provided by the Culinary Kings.**

### Ingredients:

1 leg of lamb boned & butter flied by your Fiesta or Pacific butcher, allow 1 pound of lamb per person, before boning.

marinade - mix together the following:

3/4 cup olive or vegetable oil

1/4 cup Balsamic or red wine vinegar

1 medium onion chopped

4 to 6 cloves of garlic peeled & bruised

1 tablespoon Dijon mustard

1/2 teaspoon crumbled dried oregano

1/2 teaspoon crumbled dried basil (or 1-2 tablespoons chopped fresh basil)

1 or 2 bay leaves crushed

2 teaspoons salt & 1/4 teaspoon pepper

Place lamb & marinade inside a plastic bag in a bowl, inside the fridge. Marinate 24-48 hours, (the longer, the better). Flip bag around occasionally while marinating. Remove meat from bag, broil or BBQ, fat side up 10 minutes, 4 from heat. Turn, baste with marinade, broil 10 minutes more. If oven broiling, move meat to 425° oven for 10-15 more minutes. If grilling, raise grill, continue basting & cooking. Done when outside is crusty, inside is juicy & pink!