

## Roasted - Deboned leg of lamb with Rosemary and lemon rub



Cooking time: 70mins + 30mins rest time

Prep time: 45-mins

Feeds: 6 peoples

### **Ingredients:**

- 1.5kg de-boned leg of lamb
- olive oil and seasoning
- For the stuffing
- 1/2 cup extra virgin olive oil
- 1 red onion, finely diced
- 3 cloves garlic, chopped
- 1 tsp sea salt
- 1/2 cup toasted pinenuts
- 1/4 cup dried currants
- 1 tbsp honey
- 3 tbsp red wine vinegar
- 1 bunch flat leaf parsley
- 1/2 bunch thyme
- 1/2 bunch rosemary leaves
- 1/2 cup grated pecorino Romano
- 2 cups homemade breadcrumbs
- freshly ground pepper

### **Method:**

Remove lamb from the refrigerator two hours before cooking to allow it to come to room temperature. Season well. Preheat your [Traeger Grill](#) to 180C.



For the stuffing, heat one tablespoon of oil in a frying pan on low heat. Add onion, garlic and salt and cook until softened, about 10 minutes. Add pine-nuts and currants and cook for one minute. Add honey and red wine vinegar. Remove from heat and allow to cool.

Pick and chop the leaves from the parsley and rosemary. Place in a food processor and blend while slowly pouring in remaining oil. Add the pecorino, pulse a few times then add the breadcrumbs, pulsing again until it just comes together. Remove from the processor and combine with cooled pinenut mixture. Check seasoning.

Place deboned lamb, fat side down, on a chopping board. Place stuffing in the middle along the whole length inside the lamb. Roll lamb from one side to the other. Tie with string along the length of the rolled up leg at three centimetre intervals. Rub with oil and put in a large roasting tin.

Cook for 30 minutes then reduce temperature to 160C. After about 40 more minutes, start checking the meat's core temperature. Continue to roast until it reaches about 55 to 56C. Rest for 30 minutes.

To serve, remove string, slice and serve with any juices from the roasting pan.

#### **ABOUT:**

**[Sarah Glover](#), Author of **WILD: Adventure Cookbook** and Ambassador for [Traeger Grills](#)**

**[Australia](#):** The internationally renowned chef and explorer, who has travelled the world in search of epic food and wild adventures. As a classically trained chef and pastry chef, Sarah brings skill to wood-fired cooking, scaling windswept cliffs and salty stretches of beach to create simple, uncomplicated and seriously tasty food (always with a grin!).

Sarah has forged a career in Bondi Beach, Tasmania and beyond. She is the author of **WILD: Adventure Cookbook** and owner of the Wild Kitchen, a catering company founded on extraordinary events, cooked up under the stars.

**Traeger Grills Australia:** Traeger Grills, headquartered in Salt Lake City, has been revolutionising BBQ grilling and outdoor cooking for over 30 years with one simple, all-encompassing cooking solution. Traeger pellet grills use 100% all-natural hardwood fuel to infuse food with flavorful smoke, making food taste delicious and most of all, memorable. As the inventor of the original and world's top selling wood-fired grill, Traeger utilizes wood-fired convection power to provide 6-in-1 versatility; grill, smoke, bake, roast, braise and BBQ meals to perfection every time. For more information about Traeger Grills' complete product line, where to buy and to learn more about the wood-fired difference, visit [www.traegergrills.com.au](http://www.traegergrills.com.au)