

Grilled boneless leg of lamb

Grilled boneless leg of lamb

Grilled leg of lamb always feels like a celebration meal to me, especially when it's seasoned with garlic , rosemary, parsley and butter. I make little slits all over the boneless lamb leg and fill them with the garlic and herb butter. Then I spread the same butter all over the lamb, then I let the lamb marinate overnight, before grilling. Grilling is the secret that brings out the lambs natural sweetness while taming it's unique flavor.

This recipe tells you how to prep, season and grill the lamb to tender perfection. Giving you that beautiful pink medium rare center and a flavorful crisp crust that will impress your guest and have them talking about what a great chef you are.

It's a simple recipe that comes together quickly, feels special and perfect for spring.

This to know about this Grilled boneless leg of lamb recipe

A boneless leg of lamb is a cut of meat from the top of the animals rear leg. It's one of the richest and most flavorful cuts of lamb, but it requires a low and slow cooking process to become tender. A boneless leg of lamb allows for more flexibility in cooking methods, such as grilling and roasting. It also makes it easier to carve and serve the meat. A boneless leg of lamb roast, around 3-5 pounds , is also smaller than a bone -in leg of lamb. However, this recipe works for both bone-in or boneless, so if you go with the bone-in option make sure to extend the cooking time. Lamb,

when cooked correctly to an internal temperature of 135 degrees is a gamechanger. Your family and friends will be converted to lamb lovers after you make this grilled boneless leg of lamb recipe for them. ENJOY!!!

This grilled lamb recipe pairs deliciously with my Parmesan asparagus with blistered tomatoes or my Italian -style sauteed swiss chard

Ingredients

- 1 3-4 pound boneless leg of lamb, tied
- 4 cloves minced garlic
- 2 Tbsp. fresh rosemary finely chopped
- 2 Tbsp. fresh Italian parsley chopped
- 1/2 stick of softened butter
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper to taste

Instructions

1. In a small bowl , mix together the softened butter, olive oil minced garlic, chopped rosemary , parsley, salt and pepper to taste
2. pat the lamb dry with paper towels, Using a small paring knife make slits all over the surface of the lamb. If the lamb is netted make the slits in the openings of the netting.
3. Fill the slits with the garlic butter, use your fingers to press some of the mixture deep into each slit. Rub the remaining mixture generously all over the outside of the lamb leg to fully coat it. Wrap in foil or plastic wrap and marinate for at least 1 hour or overnight.
4. Bring the lamb to room temperature before grilling for more consistent cooking
5. Preheat your gas grill to high heat. Place the lamb on

the grill fat side down, and sear 3-4 minutes per side to develop a flavorful crust.

6. Move the lamb to the cooler indirect side of the grill or lower the heat to medium low.
7. Continue cooking turning occasionally, until the internal temperature reaches your desired doneness , usually 125- 130 for medium rare 12-15 minutes per pound for rare 18- 20 minutes for medium well done.
8. It's important to let the lamb rest for at least minutes before slicing to allow the juices to redistribute. ENJOY!!!!