

Herb-Stuffed Italian Lamb Roast w. Vegetables (Arrosto farcito con alle erbe e verdure)

Recipe adapted from the cookbook „Sicilian Home Cooking“



Ingredients:

1 Leg of Lamb (or Shoulder) – deboned

Rosemary Leaves – 2 sprigs

Sage – ¼ cup

Garlic, coarsely chopped – 4 cloves

Anchovies in Oil, drained, coarsely chopped – 2

Small Potatoes, ½” slices – 20

Small Onions – 20

Carrots, peeled, ½” chunks – 4

White Wine – 1 cup

Vegetable Broth – 1 cup

Bay Leaves – 2

Red Wine Vinegar – ¼ cup

EVO – ¼ cup

Salt & Pepper – to taste

Directions:

Combine the rosemary leaves, sage, garlic, anchovies and 1 tsp salt in a mortar and grind to a coarse paste.

Add the olive oil and vinegar and mix thoroughly.

Note: I'll bring that mix from home.

Prepare the veggies and spread them in a deep roasting pan (I'll bring one), sprinkle with a little salt and pepper.

Add the white wine and broth to the pan + the bay leaves.

Preheat the oven to 400° F.

Open the meat flat and remove any large chunks of fat.

Spread the herb/anchovies mixture over the inside, roll it tight and secure with several lengths of kitchen string.

Salt and pepper the outside and place it on top of the veggies.

Roast for about 20 min at 400 degrees than reduce to about 350° and roast another 30 min. Check for the temp, don't go higher than 150° F.

If the veggies are not quite ready, take the meat out and rest it, covered, on one of the (heated) grills and finish the veggies in the oven.

In any case, let the roast rest for about 15 min before slicing and serving with the veggies.