

Pot Roast of Lamb with Rosemary and Orange

Dinner At Home | November 2004



- 1 3¹/₂- TO 4-LB. LEG OF LAMB (SHANK PORTION) OR 3- TO 3¹/₂-LB. BONELESS LEG OF LAMB, TIED
- KOSHER SALT AND GROUND BLACK PEPPER
- 1 TBSP. OLIVE OIL
- 1 TBSP. UNSALTED BUTTER
- 2 CUPS BEEF BROTH
- 1 TSP. FINELY SHREDDED ORANGE PEEL (SET ASIDE)
- 1 CUP ORANGE JUICE
- 2 SPRIGS FRESH ROSEMARY
- 2 BAY LEAVES
- 10 WHOLE BLACK PEPPERCORNS
- 8 OZ. BRUSSELS SPROUTS, TRIMMED AND HALVED
- 8 OZ. BABY CARROTS WITH TOPS, SCRUBBED, OR 1¹/₂ CUPS PACKAGED PEELED BABY CARROTS
- 1 LARGE RUSSET POTATO, PEELED AND CUT IN 1-INCH PIECES
- 1 MEDIUM ONION, CUT IN 1-INCH PIECES
- 2 TBSP. UNSALTED BUTTER
- 2 TBSP. ALL-PURPOSE FLOUR
- 2 TSP. SNIPPED FRESH ROSEMARY
- KOSHER SALT AND GROUND BLACK PEPPER

Start this lamb recipe by trimming fat from meat. Sprinkle entire lamb with salt and pepper. In an oven-going 4-quart Dutch oven brown lamb on all sides in hot oil and 1 tablespoon butter. Remove lamb from Dutch oven; drain off fat. Add beef broth and orange juice to Dutch oven. Bring to boiling. Reduce heat; boil gently, uncovered, 15 minutes or until liquid is reduced to 2 cups.

Place rosemary sprigs, bay leaves, and peppercorns in the center of a 6-inch piece of 100-percent cotton cheesecloth. Gather the edges together and tie the top with a 12-inch length of 100-percent cotton kitchen string. Tie one end of the string to the handle of the Dutch oven. Submerge herb bundle in the liquid. Return lamb to Dutch oven. Cover and bake in a 300° oven for 3 hours. Add Brussels sprouts, carrots, potato, and onion. Cover and bake 1 hour more.

Remove lamb and vegetables from Dutch oven; keep warm. Remove and discard herb bundle. Transfer cooking liquid to a measuring cup and skim fat from liquid. Discard fat (should have 1¹/₄ cups liquid). In the Dutch oven melt the 2 tablespoons butter. Stir in flour and cook 1 minute more. Add cooking liquid, snipped rosemary, and orange peel to Dutch oven. Cook and stir over medium heat until thickened and bubbly. Strain. Season to taste with salt and pepper. Serve gravy with lamb and vegetables. Makes 6 to 8 servings.