



Raider Red Meats

Pomegranate Grilled Leg of Lamb

Ingredients

4 to 5-pound Raider Red boneless leg of lamb, rolled and tied

1/2 cup pomegranate molasses, plus extra for serving, store-bought or recipe follows

Kosher salt and freshly ground black pepper to taste

Directions

Preheat the grill to 375 degrees F. Unroll the lamb and brush on all sides with the molasses. Season on all sides with salt and pepper. Roll the lamb up and secure with butchers' twine. Place the lamb over indirect heat and cook for 15 minutes, brush with the molasses again. Turn 1/4 turn and cook for another 15 minutes. Complete the brushing and turning procedure 2 more times for a total cooking time of approximately 1 hour or until the lamb reaches an internal temperature of 130 degrees F. Remove from the heat and allow to rest 10 minutes before slicing and serving. Serve with additional molasses if desired.

Pomegranate Molasses:

4 cups pomegranate juice

1/2 cup sugar

1 tablespoon freshly squeezed lemon juice

Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat. Cook, stirring occasionally, until the sugar has completely dissolved. Once the sugar has dissolved, reduce the heat to medium-low and cook until the mixture has reduced to 1 cup, approximately 70 minutes. It should be the consistency of thick syrup. Remove from the heat and allow to cool in the saucepan for 30 minutes. Transfer to a glass jar and allow to cool completely before covering and storing in the refrigerator for up to 6 months.

Although a lamb has four legs, only the two hind legs produce the cut referred to as "leg of lamb". It is a large, lean, and tender cut and can be used whole or subdivided into smaller cuts, which can be usually cooked using dry heat methods, such as roasting. The whole, bone-in leg can weigh from five to nine pounds and may be American style (no shank bone attached) or French style (shank bone left on). The whole boned leg makes a compact and tidy roast when rolled (with or without stuffing) and tied or netted to keep its shape. It may also be butterflied (so-called because the deboned, flattened leg resembles a butterfly's shape) for grilling. The most important thing to remember about cooking a lamb roast is to not over-cook it. Lamb has such wonderful flavor on its own, and is so naturally tender, that it is bound to turn out well, as long as it is still a little pink inside.