

Boneless Leg of Lamb

March 31st, 2023

This recipe serves: 6

Prep Time: 00:30

Cook Time: 04:15

The non-traditional orange/soy marinade results in a uniquely flavorful roast. This recipe is easy to make and has been a favorite in our home for many years.

Ingredients:

2 to 3 lbs Boneless Leg of Lamb

Marinade

1/4 Cup Orange Juice

1/4 Cup Soy Sauce or 1/8 Cup Hoisin Garlic Marinade & Sauce

1/2 Teaspoon Rosemary, dried

1/2 Teaspoon Oregano

Directions:

Marinate

Prepare the Lamb by removing the trusses (strings).

Place the Lamb into a sous vide bag, opening the butterfly to ensure that maximum surface area is available to the marinade.

Mix all other ingredients and add to the bag.

Vacuum out all the air and seal the bag.

Refrigerate 12 hours but no more than 24 hours.

DO NOT OVER MARINATE.

Sous Vide

Sous Vide at 131°F for 4 hours

Sear

Remove the bag from the Sous Vide and rest the meat for about 20 minutes.

Remove the meat from the bag. Use paper towels or a clean tea towel to dry the meat.

Heat a large pan over medium-high heat.

Add 1 tablespoon of Oil.

Add the Lamb to the pan and sear for 2 minutes.

Turn the Lamb and sear another 2 minutes.

Serve

Rest the Lamb for 10 minutes.

Slice the Lamb into 1/2 inch slices, on the bias.

Serve with Tzatziki.