

Food Therapy

NEWTALK

610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Easter Leg of Spring Lamb

- 1 - 7 pound Ontario leg of spring lamb
- 2 garlic cloves, sliced very thin
- 2 sprigs of fresh rosemary, destemmed
- 1/2 cup brandy or whiskey
- sea salt and freshly cracked black pepper

Using a knife, make small slits all over the lamb and insert garlic slices and rosemary leaves. Soak a cheesecloth or tea towel in brandy and wrap it around the lamb. Cover with plastic wrap and marinate, refrigerated overnight or for at least 6 hours.

When ready to cook, preheat the oven to 450F. Unwrap the lamb and place it fat side up on a roasting rack in the roasting pan. Season with plenty of sea salt and freshly cracked black pepper. Place it in the oven and reduce the heat to 350F. Roast for an hour or until done. Let stand for 10 minutes before carving.

Serves 6 people.



*Recipe taken from Niagara Cooks, from farm to table
cookbook by Lynn Ogryzlo*

Episode: Traditional Easter Dishes

*Email Lynn with questions or comments at
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Because What You Eat Matters!