

MAKING FAMILY LIFE MORE FUN



Carve Out Family Time With Sunday Sit-Down Meals

(NAPSA)—It can be easier than many realize to stay connected over sit-down family meals. Slow-roasted American Lamb can make for a great Sunday meal. Gather the family and start the week off with a hearty Family Favorite Lamb Leg with Roasted Potatoes.

Spice and the sweet tang of orange make this juicy dish likely to satisfy the entire family and one they'll want to enjoy again. Roasting requires little preparation and lets you take your time cooking.

A flavorful leg of American Lamb is a mealtime solution for today's hectic lifestyles and provides the bonus of leftovers for a future meal. Reduce your time in the kitchen by creating delicious sandwiches with slices of the leftover lamb, lettuce, tomatoes, horseradish and mayonnaise or sour cream on crusty rolls.

Selecting the freshest, highest quality cuts of American Lamb will ensure that your family is served the mild and delicious flavor they deserve, no matter the occasion. Simple to make, American Lamb adds variety to your menu. The ease in preparation can be your secret, the time with your family, a dividend you all can enjoy.

Family Favorite Lamb Leg with Roasted Potatoes

Preparation time: 15 minutes

Cook time: 2 to 2½ hours

7-8 pounds bone-in American Lamb leg, trimmed of visible fat

Salt and pepper to taste

12 medium red potatoes

2 tablespoons olive oil

1 tablespoon kosher salt

½ cup orange marmalade

1 tablespoon yellow



mustard seeds
2 teaspoons dried thyme, crushed

Coat potatoes with oil and place around edge of roasting pan. Sprinkle potatoes with kosher salt. Place rack in pan and arrange lamb roast on rack. Season lamb with salt and pepper to taste. Roast at 325°. Combine marmalade, mustard seeds and thyme. Halfway through roasting, baste lamb with ⅓ of the marmalade mixture. Baste again 30 minutes later with another ⅓ of the marmalade mixture. Roast to desired degree of doneness. An internal temperature of 145° will produce a medium-rare roast or approximately 15 to 20 minutes per pound. When lamb is done, baste a final time with remaining marmalade mixture and cover. Allow to stand for 15 minutes before slicing. Slice, serve with roasted potatoes.

12 servings

Nutrition per serving: 761 calories, 64 g protein, 43 g carbohydrate, 36 g total fat (43% calories from fat), 209 mg cholesterol, 4g fiber, 880 mg sodium.

Recipe and image provided by the American Lamb Board www.