

# GREAT GRILLING

## A Look At Luscious Leg Of Lamb

(NAPSA)—Outdoor cooking is the fastest-growing method of food preparation in the United States and increasing numbers of men are becoming involved.

That's where leg of lamb comes in. "Some folks don't realize that leg of lamb can be butterflied," said Chef John Paul Khoury from Preferred Meats. "This is just cutting the boneless lamb leg so it spreads flat on the grill for quicker cooking. Sometimes you'll be able to find these already butterflied for you at the store." You can also purchase a boneless leg roast and cut it yourself, or ask the meat manager or butcher to do it for you.

"Grilling lamb isn't as tricky as people think," said Khoury. "As a chef, I find lamb an outstanding product for outdoor cooking as it marries so well with the deep smoky, earthy flavors of the grill. Many people haven't tried young, tender lamb but one taste and virtually everyone will become a lamb lover."

### Lamb Doneness

Rare:	130° F
Medium Rare:	140° F
Medium:	145° F
Well Done:	160° F

Remember Resting—meat will continue to raise in temperature for about 10 degrees after it's removed from the grill. 

Grill lamb for about 10 minutes per side or until desired doneness.

Other cuts that work for the grill are leg steaks, rib or loin chops and lamb burgers with various seasonings from Greek to Moroccan. "Plus," said Khoury, "lamb ribs will go head to head with pork spareribs in my book any day."

Here's an exotic yet easy marinade to help you make the most of lamb:



A little lamb can go a long way toward creating a delicious grilled dinner.

### Rosemary-Pomegranate Marinade

- ½ cup fresh pomegranate juice
- ½ cup extra virgin olive oil
- 2 cloves garlic—peel, crush, mince
- 1 large shallot—minced
- 1 tablespoon fresh rosemary—minced
- 1 teaspoon fresh ground black pepper
- 1 pinch kosher salt

Take a large ripe pomegranate and roll it around on a chopping block to crush the seeds inside. (You will hear the juice releasing.) Take a paring knife and make an incision into the center of the pomegranate. Squeeze the pomegranate and the juice should pour out of the incision. (approx ½ cup [+].) Whisk ingredients together. Marinate lamb for at least 2 hours—overnight for best results.

### Free Recipes

Natural, pasture-raised lamb is available to professional chefs and home cooks nationwide from Superior Farms. To sign up for a free monthly newsletter with recipes and chances to win groceries, visit [www.superiorfarms.com](http://www.superiorfarms.com) or call 800-228-5262 to find a supplier near you.