

## Butterflied Leg of Lamb with Barcelona Dill Marinade

8 to 10 servings

Preparation time: 15 minutes

Marinate time: 4 to 6 hours

Cook time: 45 to 50 minutes

- 1/4 cup olive oil
- 1/4 cup water
- 6 tablespoons white wine tarragon vinegar
- 3 tablespoons capers, chopped
- 3 tablespoons finely chopped onion
- 3 tablespoons finely chopped pimento
- 2 tablespoons finely chopped fresh parsley
- 4 teaspoons dried dill weed
- 1 teaspoon coarse salt
- 1 teaspoon pepper
- 4 to 6 pounds **American Lamb** leg, boned and butterflied

In medium bowl, blend olive oil, water, vinegar, capers, onion, pimento, parsley, dill weed, salt and pepper; set aside.

In 13 x 9-inch non-metallic dish, place lamb and pour over marinade. Cover and refrigerate, marinating for 4 to 6 hours.

To Broil: Broil lamb 5 to 6 inches from heat, 35 to 45 minutes or to desired degree of doneness. Turn leg once during broiling time.

To Grill: Cook over medium-hot coals. Grill lamb 6 inches from coals for 40 to 50 minutes or to desired degree of doneness. Turn leg once during grilling time.

Check meat internal temperature: 145°F for medium-rare, 160°F for medium or 170°F for well. Once meat is done cover and let stand 10 minutes before slicing. Internal temperature will rise about 10 degrees.

*Nutrition per serving: 304 calories, 39 g protein, 1 g carbohydrate, 15 g total fat (45% calories from fat), 127 mg cholesterol, 0.34 g fiber, 411 mg sodium, 9 mg niacin, 0.25 mg vitamin B6, 4 mcg vitamin B12, 3 mg iron, 7 mg zinc.*

Recipe and image provided by the American Lamb Board