

## Roast Leg of Lamb Provençal

Makes 6 to 8 servings

### Lamb:

1 small or 1/2 large leg of lamb (4 to 5 pounds), trimmed of excess fat

6 Kalamata olives, cut into slivers and frozen

6 garlic cloves, cut into matchstick slivers

Leaves from 2 sprigs fresh rosemary

### Extra-virgin olive oil

### Spice mix:

1 tablespoon kosher (coarse) salt  
1 tablespoon finely chopped fresh rosemary leaves

1 tablespoon herbes de Provence (see note)

1 teaspoon cracked black peppercorns

**1. Prepare the lamb:** Using the tip of a paring knife, make a series of 1/2-inch-deep slits in the lamb, mostly on the top but also on the sides and bottom. (Slits should be 1 inch apart.) Insert the olives, garlic and rosemary leaves in the slits, one flavoring per slit. Rub lamb on all sides with the olive oil.

**2. Make the spice mix:** Combine the salt, rosemary, herbes de Provence, and peppercorns. Sprinkle the seasonings over the lamb, patting them on with your fingers. Rub more oil on the lamb. Place lamb in a roasting pan.

**3. Roast** in a preheated 450-degree oven for 10 minutes. Reduce heat to 350 degrees and continue roasting until lamb is cooked to your taste (1 to 1 1/4 hours more for medium-rare). Use an instant-read meat thermometer inserted into the thickest part of the leg (but not touching the bone) to test for doneness. Rare lamb will be 125 degrees; medium-rare, 145 degrees; medium, 160 degrees; and well done, 170 degrees.

**4. Transfer** the lamb to a cutting board. Let it rest for 10 minutes before carving.

**Note:** Herbes de Provence is a combination of dried herbs including basil, fennel seed, marjoram, rosemary, sage, savory and thyme.

**Per serving:** 385 calories, 55 grams protein, 2 grams carbohydrates, no sugar, 16 grams fat, 172 milligrams cholesterol, 946 milligrams sodium.