

# Leg of Lamb & Grilled Vegetables

Lamb is a very tender, lowfat meat. Even the fattiest cuts have no more than 200 calories per 3-ounce serving. When buying lamb, look for firm, pink meat with a milky white layer of fat. Avoid buying lamb that is dark purplish or red with yellowish fat-these are signs of older meat. Large cuts will often have a white membrane called a fell around the meat; both the fell and the thick layer of fat beneath it should be removed before cooking.

Evan Lobel prepares this lamb for marinating and grilling by butterflying it: removing the bone and spreading the meat to an equal thickness for even cooking. To be sure the lamb is as flat as possible, he covers the meat with parchment paper and pounds it with a meat mallet (you can also use the bottom of a heavy pan). If you prefer not to butterfly the lamb yourself, you can ask your butcher to do it. Evan also prepares vegetables to complement the grilled meats; he cooks cabbage, Belgian endive, and eggplant right on the grill.

Herbed Butterflied Leg of Lamb (recipe follows)

Grilled Vegetables (recipe follows)

Sources:

New York strip steaks  
Lobel's Prime Meat Market  
1096 Madison Avenue  
New York, NY 10028  
212-737-1372 or 800-556-2357  
[www.lobels.com](http://www.lobels.com)

# Herbed Butterflied Leg of Lamb

Serves 6

1 cup dry red wine  
3/4 cup balsamic vinegar  
1 garlic clove, chopped  
1 tablespoon chopped fresh mint  
3 tablespoons chopped fresh thyme  
2 tablespoons chopped fresh flat-leaf parsley  
1 teaspoon salt, plus more to taste  
4 to 5-pound butterflied leg of lamb  
Freshly ground black pepper

1. In a glass bowl, combine wine, vinegar, garlic, mint, thyme, parsley, and salt. Mix well to combine.
2. Season both sides of the lamb with salt and pepper. Place lamb in a shallow glass or ceramic dish. Pour marinade over meat, turning to coat. Cover, and refrigerate for 4 to 6 hours.
3. Prepare a charcoal or gas grill, arranging coals for indirect cooking. Lightly coat rack with cooking spray; coals should be hot.
4. Remove lamb from marinade; pat dry. Place lamb on hottest part of grill; sear for 5 minutes per side. Move lamb to the cooler part of the grill, and cook for 10 minutes. Turn over; cover grill. For medium-rare, cook until an instant-read thermometer registers 140° , 10 to 15 minutes more. Remove from grill, and let lamb rest for 10 minutes before slicing. Serve.

# Grilled Vegetables

Serves 6

Vegetable-oil cooking spray

1 head cabbage

3 heads Belgian endive

1/2 cup olive oil

Juice of 1 lemon

3 garlic cloves, peeled and minced

Coarse salt and freshly ground black pepper

2 large eggplants

1. Prepare a charcoal or gas grill, arranging the coals for indirect cooking. Lightly spray the grill rack with cooking spray. The coals should be moderately hot to hot.
2. Remove the outer leaves on the head of cabbage. Cut into quarters, leaving core intact. Trim ends, and place on cooler part of grill. Cook, turning often, until cabbage is fork-tender and golden, 10 to 12 minutes.
3. Trim endive, and cut in half lengthwise, leaving core intact. Drizzle with olive oil and lemon juice. Rub with garlic, and season with salt and pepper. Place on grill, and cook, turning often, until fork-tender, about 10 minutes.
4. Place eggplants on grill over indirect heat. Season with salt and pepper. Cook, turning often, until eggplant is tender and soft, about 25 minutes.
5. Combine all grilled vegetables in a large serving bowl, and serve warm.

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