

SAVORY ROAST LAMB

Yield 100

Portion 4 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 333 cal | 1 g | 37 g | 19 g | 122 mg | 92 mg | 29 mg |

Ingredient

LAMB,LEG,BONELESS
 GARLIC POWDER
 PEPPER,BLACK,GROUND
 PAPRIKA,GROUND
 OREGANO,CRUSHED
 VINEGAR,DISTILLED
 OIL,SALAD

Weight

39 lbs
 1/4 oz
 1/2 oz
 3/4 oz
 1 oz
 1-1/3 lbs
 1-1/4 lbs

Measure

1/3 tsp
 2 tbsp
 3 tbsp
 1/4 cup 2-1/3 tbsp
 2-1/2 cup
 2-1/2 cup

Issue**Method**

- 1 Place roasts fat side up in pans. Combine garlic, oregano, paprika, pepper, vinegar and salad oil. Refrigerate 2 hours; turn occasionally. DO NOT ADD WATER; DO NOT COVER.
- 2 Roast 3 to 4 hours at 325 F. Insert meat thermometer after 2 hours of cooking; continue to roast until the thermometer registers the desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Let roasts stand 20 minutes. Remove string or netting before slicing. CCP: Hold for service at 140 F. or higher.