

Easter Leg of Lamb

1 leg of lamb, 5-6 lbs.
1 cup water
1 tbsp. butter
1 onion, stuck with 3 cloves
1 large carrot, sliced
2 slices of unpeeled lemon
2 celery stalks, diced
8-10 parsley sprigs, chopped
1 tsp. minced basil or oregano
1 tsp. salt
1/2 tsp. pepper
1 cup consommé (any type)
1/2 cup red wine
1/2 cup light or heavy cream
2 tbsp. browned flour

Every Easter Sunday for many years we had dinner at the home of my maternal grand'mère. She had a very special way to braise a leg of lamb, which I have never found anywhere. Try it if you like a fat-free gravy and tender moist lamb.

Place the leg of lamb in a roasting pan with the water. Cover and cook over high heat on top of the stove until the water has evaporated.

Uncover, add the butter, and still over high heat, brown the meat all over. Remove the lamb from the pan and discard all the accumulated fat from the pan.

Place in the bottom of the pan the onion, carrot, lemon slices, celery, parsley, and basil or oregano. Stir until well mixed. Place the lamb on top of these vegetables. Add salt and pepper to taste. Add the consommé. Cover and simmer over very low heat for 1 1/2 hours.

Blend together the wine, cream and browned flour. Pour over lamb. Stir around until well mixed with all the ingredients. Cover and simmer for another 30 minutes. Remove the meat to a hot platter. Strain the gravy and serve it separately.

Serves 6–8.