

Leg of Lamb

Serves 6-8

Ingredients

- 2 tbsp Dijon mustard
- 2 cloves garlic, chopped fine
- 2 tbsp chopped fresh rosemary
- zest of 1 lemon
- 1 tbsp olive oil
- 1 tsp freshly ground black pepper
- 5 lb leg of lamb
- 1 tsp coarse salt

Method

1. In a small bowl, mix together the Dijon, garlic, rosemary, lemon zest, olive oil and pepper. Rub all over leg of lamb. Place in a roasting pan, cover and leave in fridge overnight to marinate.

2. Next day, preheat oven to 450 degrees F.

3. Season lamb with salt.

4. Place in 450 degree oven, uncovered for 20 minutes. Then reduce heat to 400 degrees F and continue to roast for approximately 50 more minutes or until internal temperature reaches 145 degrees F. This should yield a medium rare roast. Let roast sit to rest for approximately 10-20 minutes before carving.



What's Cookin':

Visiting The Havana Café

Happy Easter weekend! Today is the last of our three weeks of recipes in anticipation of Easter dinner. Hope you enjoy the meal.

On our Floridian trip, we went for a fan boat ride through the Everglades - Captain Doug's was the name of the company we went to only because friends of ours had been there before and had a good experience.

So, off we went through the Everglades with Captain Mo (he works for Captain Doug I suppose - boy that's a lot of Captains!) at the helm.

Partway through the trip, we stopped to look at a particularly cool heron and I was asking Captain Mo where we could get a nice lunch. Well he said - you have to go and try The Havana Café on Chokoloskee Island (about 3km south of where we were at the time). Great food says Captain Mo - homemade - not the kind that comes out of a bag.

We were sold. So, after our

Lori Gysel & Gerry Kentner



fan boat ride, off we went to The Havana Café. We were not disappointed. The food was great. All three of us ordered the fish of the day - Mahi Mahi. Michael had it battered and fried on a sandwich. Olivier had it grilled on a plate with the beans and rice. I had it blackened and grilled over a salad. Moist, tasty, perfectly cooked on all three orders.

There were lots of other delicious sounding things on the menu - I was particularly caught on the Cuban sandwich, but the fish won me over. So, once again, if you are in the neighbourhood - look up The Havana Café on Chokoloskee Island, you won't regret it.

Have fun and keep cooking!

Email questions & comments to whatscooking@theifp.ca

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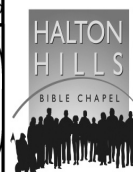
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