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2000 Cabernet Sauvignon by Fife Vineyards
paired with
LEG OF LAMB ROAST WITH ROSEMARY SAUCE,
ROASTED SWEET POTATOES & SUGAR SNAPS

The leg of lamb can be boned, seasoned and tied the day before roasting.

LEG OF LAMB

4 to 5 anchovy fillets
2 TBSP minced garlic
3 TBSP rosemary needles
2 TBSP olive oil
freshly ground black pepper
1 small leg of lamb, about 3 pounds, boned or butterflied with bones reserved
1 carrot, coarsely chopped
1 stalk celery, coarsely chopped
1 small onion, coarsely chopped
1 small tomato, coarsely chopped
1/4 cup water
1 cup red or white wine
2 tsp Dijon mustard
Rosemary sprigs, for garnish

Preheat the oven to 375° F.

Finely chop the anchovy, garlic and 2 TBSP of the rosemary by hand or in a mini-chopper. Put this mixture in a small bowl, add the olive oil and pepper and stir to combine. Spread some of this seasoning on the boned side of the lamb and roll it up and tie it at regular intervals. Spread the remaining mixture on the outside of the lamb roast.

Scatter the lamb bones, carrot, celery, onion and tomato on the bottom of a roasting pan. Add the water. Put the lamb on top and roast for about 35 to 45 minutes or until the internal temperature is 130° F for medium rare or pink, or 140° F for medium.

Make the rosemary sauce. Remove the lamb from the roasting pan and keep it warm by covering it with aluminum foil. Discard the bones and the vegetables. Pour off as much fat as possible from the roasting pan leaving the accumulated meat juices. Put the roasting pan over medium heat and pour in the wine deglazing the pan by scraping all the browned and caramelized juices from the bottom and mixing them with the wine. Strain this liquid into a small saucepan, bring it to a boil and whisk in the mustard and the remaining rosemary, stirring to combine. Taste and adjust the seasoning.

NORA'S NOTE: If you want to do a simpler version of this recipe, season the butterflied leg with the anchovies, garlic, rosemary and pepper and omit the step of rolling and tying the lamb into a roast. Place the lamb on a preheated grill or under a broiler and cook for 10 to 15 minutes per side or until medium rare. Slice it in long strips before serving.

ROASTED SWEET POTATOES

1 1/2 pounds jewel yams, or sweet potatoes, peeled and cut into 2-inch chunks
1 TBSP olive oil
sea salt and freshly ground pepper

Put the yams into a medium bowl, add the olive oil and salt and pepper to taste. Toss to coat. After the lamb has been cooking for 15 minutes, add the yams to the same roasting pan, if you have room, or in another roasting pan, if you don't, and roast them in the same oven as the lamb, for about 30 to 40 minutes or until browned and soft.

NORA'S NOTE: Leftover roasted sweet potatoes make a great salad the next day when tossed with a mustard dressing. You can also mash them, add some sautéed onions, and make a delicious sweet potato pancake.

SUGAR SNAPS

1/2 pound sugar snaps, strings removed
1 tsp olive oil
sea salt and freshly ground black pepper

Steam the sugar snaps in a small saucepan using a collapsible steamer or blanch them in boiling water. Drain, toss with the olive oil and season to taste with salt and pepper.

Assembly: Place 3 or 4 slices of lamb on each of 4 dinner-size plates and spoon some rosemary sauce over the meat. Put a large spoonful of sugar snaps and roasted sweet potatoes next to the meat. Garnish with rosemary sprigs.

NORA'S NOTE: Sugar snap peas are eaten whole. When they are very fresh you can eat them raw. They make a delicious appetizer dipped in a spicy salsa, hummus or peanut sauce.