

Spatchcocked Roasted Lamb

By

Mary Ann Hastings

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1. Preheat oven to 350.
2. Take the netting off of the New Zealand lamb and remove the pop-up timer.
3. Heat a tablespoon or two of olive oil in an oven-proof pan with a lid.
4. Spread out the lamb and salt all over with good quality [sea salt](#).
5. Using a meat fork, put the lamb into the hot oil and sear the lamb on all sides.
6. Keeping the lamb spread out in the pan fat side up, put three or four springs of fresh rosemary, and minced garlic all over the top.
7. Pour some chicken or beef broth or ½ cup of [apple cider](#) mixed with a ¼ cup of wine to deglaze the pan.
8. Cover pan with the lid and put into the oven for about an hour and fifteen minutes or until the temperature of the lamb reaches 145 for 4 minutes. Depending on how well done you want your meat, these are other temperatures to consider:

At a roasting temperature of 325°F (which will take longer than an hour and fifteen minutes to roast)
 - Rare: 125°F (about 15 minutes per pound)
 - Medium-Rare: 130°F to 135°F (about 20 minutes per pound)
 - Medium: 135°F to 140°F (about 25 minutes per pound)
 - Well-Done: 155°F to 165°F (about 30 minutes per pound)
9. When you are satisfied with doneness, remove from oven and let rest for about 15 minutes before carving. Carve roast against the grain.