

## Leg of Lamb

### Ingredients:

7-8 lb. Leg of Lamb  
2 large onions diced      Salt and Garlic Salt or clove  
10 oz. orange juice, pineapple juice or gingerale  
 $\frac{1}{2}$  cup. catsup  
1 cup boiling water  
1 tbsp. Worcestershire Sauce or Soy Sauce  
Prepared Mustard

### Method:

Night before or in the morning trim as much fat as possible from the Leg. Salt, garlic salt and put onions on all sides of the lamb and store in the refrigerator. (well wrapped)

To roast the leg, place it in a large roasting pan with the onions around it. Spread mustard over the top and sides of the lamb and place in  $325^{\circ}$  oven uncovered. After about an hour when onions have browned pour the boiled water into the pan, add catsup and sauce and pour juice over the lamb itself. Cook  $\frac{1}{2}$  hour per lb. including 1st hr. Baste occasionally and turn once. Add a little more water to gravy

over

if necessary.

Remove as much fat as possible from gravy and strain or use a blender to make a smooth gravy.

(To ~~make~~ more gravy so that you can freege it for the next time and have real fatless gravy, the first two times you make Leg of Lamb use  $1\frac{1}{2}$  times the gravy ingredients to make  $\frac{1}{2}$  more gravy which you will take off, refrigerate over night, take off solid fat and freeze. The third time you make a leg take out the frozen gravy, heat it in a pot and use. The fresh gravy you will store for the next time.)

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