

Creating a BRT American Lamb Leg Roast



A fresh leg of American Lamb is an economical and flavorful cut that offers a variety of creative uses.

A boneless leg roast (BRT) is a favorite of many chefs because it can be stuffed with a range of ingredients or simply roasted and sliced.

American Lamb's naturally mild yet distinctive flavor blends well with a variety of spices, herbs and marinades.

Equipment Needed:

Butcher's twine, cutting board, plastic gloves, sharp boning knife

Ingredient:

Short Cut Shank on Leg of American Lamb



Following the shank bone, butterfly the meat away, working your way over the joint.



Remove the meat away from the femur bone with your knife tip. Remove the entire femur bone as well as the aitch bone and set aside for use in stock.



Cut the shank portion of meat away from the leg. Be sure to trim the fatty tissue containing the popliteal gland away in the natural seam where the top round and bottom round meet.



Trim the shank meat and tuck it where the femur bone was removed.



Roll the meat firmly keeping the fell side out. If desired, add a stuffing before rolling.



Using butcher's twine and starting at sirloin end, tie the roast.



A BRT American Lamb leg roast.

Note: Save the bones for use in flavorful stock.