

Butterflied Leg of Lamb with Moroccan Mint Spice Rub

This dish can be served at room temperature at a picnic, or served warm at a back yard barbeque. Americans love lamb with mint. And that herb is harmonious with (and may even be tasted in) a good Cabernet. The Moroccan marinade is good on a butterflied leg of lamb, on cubed lamb for kebabs, even on lamb chops. Serve with couscous salad or potato salad at a picnic or with roasted potatoes at home.

INGREDIENTS

3 to 4 pounds lamb: butterflied leg, or lamb leg cut into 2 inch pieces for kebabs.
1 cup fresh mint, chopped
¼ cup fresh lemon juice
1 tablespoon finely minced garlic
2 tablespoons ground coriander
½ teaspoon cayenne
2 teaspoons sweet paprika or Spanish sweet pimenton
2 teaspoons ground toasted cumin
2 teaspoons black pepper
½ cup olive oil
Salt

DIRECTIONS

Combine the herbs, spices, lemon juice and olive oil. Rub into the meat and marinate over night in the refrigerator or at room temperature for a few hours, or both. Bring meat to room temperature before cooking.

For kebabs arrange meat on metal skewers or water-soaked bamboo skewers. You may place thin slices of red onion between the pieces.

Grill the meat to the desired degree of doneness. Sprinkle with a little chopped mint before serving, if desired.

Serves 6.

