

Braised Leg of Lamb

This simple recipe will become your new favorite way to prepare lamb. Braised leg of lamb uses just a handful of ingredients and a mostly hands-off cooking method to create tender, fall-apart lamb that can be served in a variety of ways.

Ingredients:

1 tablespoon avocado oil
4 pound boneless leg of lamb, or up to 5
pound bone-in leg of lamb, room temperature
1 yellow onion, chopped
5 large cloves of garlic, minced
2 teaspoons Kosher salt

1 1/2 teaspoons coriander
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon black pepper
1 cup broth, beef, chicken or lamb

Directions:

Preheat oven to 325°F.

Trim the lamb of any excess fat. Combine the salt, coriander, cumin, garlic powder and pepper in a small bowl and rub the seasoning mixture all over the lamb.

Place avocado oil in a large Dutch oven over high heat. Once hot, add the lamb and brown on all sides.

Add the onions, minced garlic and broth to the pot. Cover and transfer to the oven.

Cook for 2 hours and 30 minutes then remove the lid and braise for another 30-45 minutes, adding a touch more broth if needed during this time.

Remove the pot from the oven and shred the lamb in the pot using two large forks. Discard bone if using bone-in lamb. The shredded meat will soak up any remaining juices. Serve the lamb as is or store for later use.

