

# ontario lamb saddle by canoe

110. per kit | serves 2

## ingredients

Ontario lamb saddle

(stuffed, trussed, and ready to roast)

lamb jus

seasonal vegetables (parcooked)

evergreen butter

temperature probe

## preparation instructions

- 1 Preheat your traditional/conventional oven to 205°C/400°F. If you have a convection oven, preheat to 180°C/355°F.
- 2 Cut open the vacuum-sealed vegetables. Cut your vegetables to desired size; it's recommended to cut the onions-halves at least one more time -- into quarters.

## cooking instructions

- 1 Pour 1tbsp of oil into a medium frying-pan, on medium-heat. Carefully lift the lamb saddle out of its container and place onto the pan. Liberally season with salt. Roast on all sides until golden brown. Be careful when roasting; you may tear the outside layer.
- 2 Place the pan onto the middle rack of your preheated oven.
- 3 Cook the lamb for 15 minutes.

- 4 Once the lamb has been in the oven for approximately 5 minutes, place a medium frying-pan on the stove over medium-heat. Heat 1tsp of oil in the pan and add all contents of the vacuum-sealed vegetables (including garlic & thyme). Cook for 5 minutes, or until vegetables start to brown. Season with salt & pepper to taste. Remove the pan from the stove and place it into the oven to continue cooking.
- 5 Using the temperature probe, pierce the width/short-side of the lamb saddle. Make sure the end of the thermometer reaches the center of the lamb saddle. Internal temperature should be 38°C/101°F.
- 6 Remove the lamb & tray/pan from the oven and allow to cool/rest at room temperature for at least ten (10) minutes. Resting the lamb is a very important step of the cooking process. Note: the lamb will continue to cook while resting. Internal temperature will rise to approximately 63°C/145°F.
- 7 Add evergreen butter to the pan of vegetables and return the pan into the oven for 5 minutes. The melted butter should coat the vegetables evenly.
- 8 Use a very sharp chef's knife to carve the lamb saddle in cross-cut slices. Not length-wise!
- 9 Reheat the lamb jus by using a saucepan or microwaving the mason jar.