

ontario lamb saddle by canoe

serves 2

ingredients

Ontario lamb saddle

(stuffed, trussed, and ready to roast)

lamb jus

locally foraged + farmed spring vegetables en papillote

2 x corn on the cob with black garlic + citrus butter

temperature probe

Preheat your traditional/conventional oven to 205°C/400°F.

If you have a convection oven, preheat to 180°C/355°F.

ontario lamb saddle

- 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. Place the pan onto the middle rack of your preheated oven. Cook the lamb for 15 minutes.
- 2 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. 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.
- 3 Use a very sharp chef's knife to carve the lamb saddle in cross-cut slices. Not length-wise!
- 4 Reheat the lamb jus by using a saucepan or microwaving the mason jar.

locally foraged + farmed spring vegetables en papillote

'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a baking sheet on the middle rack of the oven. Bake for 12 to 15 minutes or until the parcel puffs up. Remove from the oven. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

corn on the cob with black garlic + citrus butter

Place the corn, in husks, onto a baking sheet in the oven. Cooks for 10 to 12 minutes. Remove the corn from the oven and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.

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