

Sous Vide Lamb with Garlic Butter

Ingredients:

- 1 leg of lamb
- 1 Tbsp Dijon mustard
- ½ Tbsp garlic powder
- 2 tsp dried rosemary or 1 Tbsp chopped fresh rosemary
- 1 Tbsp kosher salt
- 1 tsp black pepper
- 1-2 Tbsp olive oil, for searing
- Garlic butter (recipe below)

Instructions:

1. Pre-heat your sous vide water bath to your preferred doneness (see chart).
2. Mix together the mustard and garlic powder. Coat the roast evenly with dijon mustard mixture.
3. Liberally salt and pepper your lamb, then press the rosemary into the surface so it sticks.
4. Place the lamb in a vacuum-seal bag and close using a vacuum sealer.
5. Submerge the vacuumed bag of lam into your water bath and cook for 12 hours.
6. If serving with the garlic butter sauce, make it right before you remove the lamb roast from the water bath.
7. At the end of the time, remove the lamb from the bag and discard any juices that have accumulated. Pat dry to sear.
8. Add enough oil to cover the bottom of a thick skillet (cast iron) and pre-heat over high heat until it's scorching hot (it will start to smoke a little). This will take approx. 3-5 minutes.
9. Sear each side of the lamb for 45-60 seconds.
10. Allow your lamb to rest for 5 minutes before cutting.

Garlic Butter: ½ cup butter, 1½-2 tbsp minced garlic, 1 tbsp lemon juice, 2 tsp garlic powder, ½ tsp salt (if not using salted butter). Melt butter in the skillet on low heat. Add in the other ingredients and cook for 5 minutes.

Original recipe: <https://foodieandwine.com/sous-vide-leg-of-lamb/>