

Lamb Leg Capetown Style

Author: Steven Raichlen's *The Barbecue! Bible*



LAMB:

7 pounds leg of lamb, bone-in
6 whole garlic cloves, cut into thin slivers
6 slices fresh ginger, cut into thin slivers

MARINADE:

1/4 cup Worcestershire sauce
1/4 cup soy sauce
1/4 cup firmly packed brown sugar
1/4 cup Dijon mustard
1 tablespoon dry mustard
1/4 cup fresh lemon juice, and zest
3 tablespoons vegetable oil
3 whole garlic cloves, minced
1 tablespoon minced fresh ginger
salt & freshly ground black pepper, to taste

PINEAPPLE ACHAR:

1 tablespoon Asian fish sauce
1 tablespoon fresh lime juice, or more, to taste
1 tablespoon sugar
3 cups fresh pineapple, diced
1 whole jalapeno chile pepper, seeded, ribs removed, finely minced

1. Using the tip of a sharp paring knife, make slits about an inch deep all over the surface of the lamb, spacing them about an inch apart. Insert a sliver each of garlic and ginger into each slit.

Place the lamb in a non-reactive roasting pan and set aside while you prepare the Marinade.

2. Combine the Worcestershire sauce, soy sauce, sugar, both the mustards, lemon juice, oil, garlic, ginger, scallions, red pepper flakes, coriander, and cumin seeds in a small, heavy saucepan and bring to a boil over medium heat, stirring frequently to prevent sticking. Cook until thick and syrupy, about 3 minutes, stirring frequently to prevent sticking. Remove from the heat and taste for seasoning, adding salt and pepper as necessary. Let cool to room temperature.

3. Pour half the cooled marinade over the lamb in the roasting pan, brushing to coat on all sides. Cover and let marinate, in the refrigerator, for 3 to 8 hours.

4. Set up the grill for indirect grilling (check in the grilling forum about indirect heat), placing a large drip pan in the center, and preheat to medium. When ready to cook, place the lamb on the hot grate over the drip pan and brush with more glaze. Cover the grill and cook the lamb until done to taste, 2 to 2 1/2 hours; an instant-read meat thermometer inserted in the thickest part of the leg (but not touching the bone) will register 160° F for medium. Brush the leg with glaze two or three times during cooking. If using a charcoal grill, add 10 to 12 fresh coals per side every hour.

5. Transfer the lamb to a cutting board and brush one last time with marinade, then let stand for 10 minutes before carving. While the lamb stands, heat any remaining marinade to serve as a sauce with the lamb.

PINEAPPLE ACHAR: Combine in a bowl all ingredients and taste for seasoning, adding more fish sauce, sugar or lime juice. The mixture should be sweet, fruity, tart and a bit salty. Serve immediately.

Serving Ideas: Raichlen suggests serving this with Pineapple Achar (similar to a pineapple salsa), Persian-steamed rice and naan. I served it with marinated tomatoes, an asparagus and grain salad and sangak, the thin, fresh flatbread of Iran. You can place pieces of the meat in the soft sangak, with the pineapple to make a kind of African wrap, of sorts.

Per Serving (excluding unknown items): 578 Calories; 40g Fat (62.3% calories from fat); 39g Protein; 15g Carbohydrate; 1g Dietary Fiber; 144mg Cholesterol; 576mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>