

Roasted Meat with Fresh Herbs (for leg of lamb, beef or chicken)

INGREDIENTS

3 tablespoons olive oil
3 medium cloves garlic, peeled
3 tablespoons fresh oregano
2 tablespoons fresh thyme leaves
1/4 cup fresh parsley leaves
1/3 cup grated Parmesan cheese
1 cup bread crumbs
1 boneless half leg of lamb or other meat (3-1/2 to 4 pounds),
pounded to a 3/4" thickness
Salt and ground black pepper
1 tablespoon Dijon-style mustard



Preheat oven to 375°. In food processor, blend 1 tablespoon of olive oil with garlic, oregano, thyme, and parsley until minced, for about 1 minute. Remove 1-1/2 tablespoons herb mixture and place in small bowl for later use. Stir in cheese, breadcrumbs, and 1 tablespoon olive oil, to the remaining mixture.

Rub meat with 2 teaspoons olive oil, and season generously with salt and pepper. Spread reserved 1-1/2 tablespoon herb mixture evenly over meat. Then rub with remaining 1 teaspoon olive oil.

Heat 12-inch skillet over medium-high heat. Sear meat until well browned on all sides. Place meat in roasting pan and roast in oven for about 30 minutes. Brush meat exterior with mustard; carefully press remaining herb and breadcrumb mixture on the top and sides of roast with hands. Return to oven and roast for another 15 to 25 minutes (depending on meat and thickness). Let rest 10 minutes. Cut into 1/2-inch slices and serve.

Serves 4 to 6

Source: *Cook's Illustrated*, www.cooksillustrated.com