

TAILS & TROTTERS

Leg Roast Recipe: Tuscan-Roasted Boneless Leg Roast

Time: 3 hours

Serves 6-10.

Leg roasts, also known as fresh ham, requires cooking to a higher temperature than a loin in order to really melt the collagen/connective tissues in the leaner leg muscles - this magic happens right around 160°. While we suggest cooking loins to 140°, this leg roast preparation does much better cooked to an internal temperature of 160° to 170°.

4 minced garlic cloves, plus 2 whole un-peeled garlic heads

1/2 cup olive oil

1/4 cup chopped fresh rosemary

2 Tbsp chopped fresh oregano

1 Tbsp finely grated lemon zest

1 tsp freshly ground pepper

2 tsp kosher salt

4-5 large Yukon Gold potatoes, cut into quarters

1 3-5lb boneless leg roast (eye of round or outside-round)

1. Preheat oven to 375°.
2. Combine half the herbs with minced garlic, zest, salt & pepper and 3 Tbsp. olive oil to make a rough paste. A small food processor or mortar & pestle works best.
3. Rub herb mixture all over roast, and let rest for 5 minutes while the roasting pan is prepared.
4. Break the whole garlic heads into cloves and scatter in a large roasting pan. Add potato quarters, the remaining herbs and the remaining olive oil and toss in roasting pan till everything is well-coated. Salt to taste.
5. Set roast in pan & roast until it reaches an internal temperature of 170°, approximately 2-2.5 hrs. Allow roast to rest for 10 minutes before carving.

Adapted from *Ham: An Obsession With the Hindquarter*, Bruce Weinstein & Mark Scarbrough, 2010