



# Lamb Roulade

**Source:** Bob and Robin Young, Boise, ID

**Note:** A **roulade** is a dish of filled rolled meat or pastry. Traditionally found in various European cuisines, the term *roulade* originates from the French word "rouler", meaning "to roll". However, the term may be used in its generic sense to describe any filled rolled dish, such as those found in maki sushi.

## **Ingredients:**

3 lbs Ground Lamb  
1 lg Egg, beaten  
1 c fresh Bread Crumbs  
1/2 c chopped Flat-Leaf Parsley  
1 1/2 T Mediterranean Spices  
2 T Worcestershire Sauce  
1 T fresh Mint, diced  
2 med Carrots, planked  
2 sm Bok Choy, separated  
2 c Spinach, stems removed  
1 T fresh Mint

## **Directions:**

Pre heat oven to 375° F.

In a large bowl, place the ground lamb. Add the beaten egg, bread crumbs, parsley, Mediterranean spices, Worcestershire sauce and 1 1/2 T fresh diced mint. Mix by hand until blended. Do not over work.

Cover a sheet pan with waxed paper. Lay the lamb mixture on it and spread it out. Use a rolling pin to make the lamb about 1/2" thick, by 15" long and 10" wide. You want a flat meat surface.

With a vegetable peeler, make planks of carrot. Lay them on the surface of the lamb slab across the slab. Remove the leaves from the Bok Choy and lay them on top of the carrot planks. Remove the stems from the spinach and lay the leaves on the Bok Choy. Sprinkle with the 1 T of mint.

Using the waxed paper as a form, gently start to roll the lamb into a tight tube. Gently pick the roll up and place it in a 11 1/2 x 4 1/2 x 3" lightly greased bread pan.

Using a sheet pan with a wire rack on it, gently turn the roll over so the bread pan acts as a lid. Bake in a 375° F oven for 40 minutes. Remove the bread pan and continue to cook uncovered for about 20 minutes or until a thermometer reads 150° F. Let cool 10 minutes before slicing.