



You will need: a vegetable peeler or zester, a knife, a bowl, a spoon, kitchen twine, a baking dish or roasting pan, a timer, a meat thermometer, two lemons, four to five garlic cloves, parsley, olive oil, salt and pepper, a four-pound boneless leg of lamb

Step
1



Heat the oven to 400 degrees Fahrenheit (it will take at least 20 minutes to warm up).

Step
2



Remove the **zest** (outer yellow peel) from the lemons. If you're using a vegetable peeler, finely chop the peelings. Peel and **mince the garlic**, and mince a heaping handful of **parsley**.

Step
3



Mix the garlic, parsley, and lemon zest with three spoonfuls of **olive oil** and a few pinches of **salt and pepper** to **form a paste**.

Step
4



Remove the netting holding the lamb together, and **unroll** the meat. Using your hand, **spread** the lemon-garlic-parsley paste over the top surface of the lamb.

*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.



Step
5



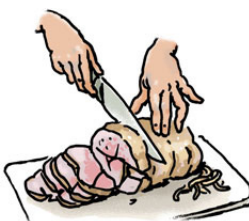
Roll the lamb back up and **tie** it in several places with kitchen twine. This will help it cook evenly. **Rub** olive oil, salt, and pepper all over the outside, and place the lamb in the **baking dish**.

Step
6



Put the lamb in the oven and cook it for **35 minutes**, then check the internal temperature with a meat thermometer—it should be between 135 and **140 degrees Fahrenheit**. If the meat is not done, return it to the oven and check every few minutes until it reaches the correct temperature.

Step
7



Let the lamb **rest** for 10 to 15 minutes, remove the twine, and **carve**.

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Illustrations by Bill Russell. Find this online at www.chow.com/stories/11317.