

2025 UConn Dining Culinary Olympics Winning Recipe

Roast Leg of Lamb w/Fennel Slaw & Smashed UConn Potatoes

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Crispy Smashed Potatoes

5lbs Small Yukon Potatoes

Butter

Salt

Pepper

Fresh Herbs (dill& parsley)

1. Boil potatoes and drain.
2. Crush each potato with the bottom of a glass, and place it in a roasting pan.
3. Top with melted butter, fresh herbs, salt, and pepper.
4. Roast at 400 degrees until golden brown, 20-25 minutes.

Provençal Lamb

7-10 Lamb

1/2 c Dijon Mustard

9 garlic cloves, divided

1Tbs fresh Rosemary, chopped

1Tbs Balsamic

kosher salt

black pepper

3 lbs. ripe red fresh tomatoes, 1 inch dice

1/2 c olive oil

1/2 honey

1 lg white onion, divided

4 sprigs fresh thyme

2 sprigs fresh rosemary.

- Preheat oven to 450 degrees
- Dry the lamb with a paper towel and set it aside.
- In a medium bowl, whisk together mustard, garlic, balsamic, salt, and pepper.
- Spread evenly over the lamb.
- In a medium bowl, toss together tomatoes, olive oil, honey, onions, and garlic. Set aside until needed.
- Roast the lamb for 20 min at 350 degrees. then 1 1/4 hours at 130-135 degrees.
- Top with tomato mixture, slice and serve.

Fennel Cabbage Slaw

1/2 med red cabbage, shredded
2 large carrots, peeled and grated
1 fennel bulb sliced thin
3 green onions
1/2 cup plain Greek yogurt
2 Tbs lemon juice
Zest 1 Lemon
1 tsp maple syrup
2tbs rice vinegar
1Tbs whole grain mustard
Salt
Sesame seeds

- In a medium bowl, mix together red cabbage, carrots, fennel bulb, and green onions.
- In a small bowl, whisk together Greek yogurt, lemon juice, lemon zest, maple syrup, rice vinegar, whole grain mustard, salt, and sesame seeds.
- Add dressing to the cabbage mix and blend until thoroughly coated.
- Refrigerate until needed.