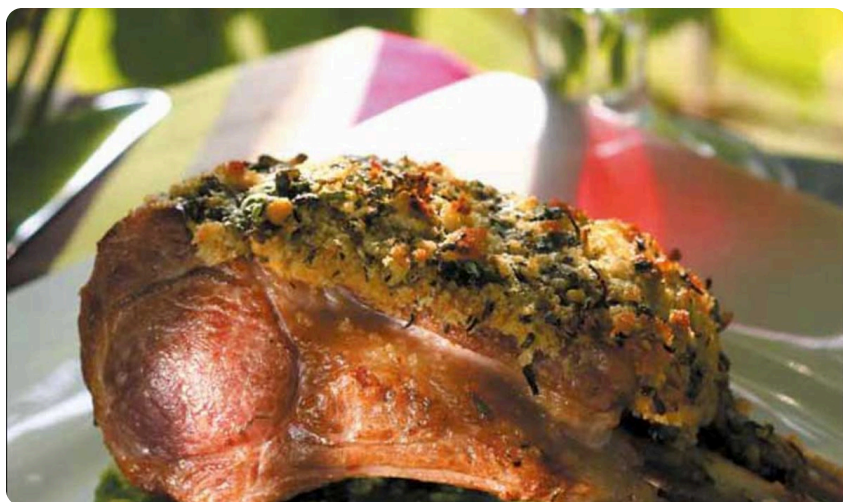


Herb-Crusted Rack of Lamb with Pea, Mint and Shallot Sauce

Dinner Recipes



1 h preparation

Intermediate

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Ingredients

4x3 bone French trimmed racks of lamb

2 tablespoons Olive oil

100 g Fine fresh breadcrumbs

1 tablespoon Parsley (finely chopped)

1 tablespoon Basil (finely chopped)

1 Rosemary (finely chopped)

Sea salt and freshly ground black pepper

4 tablespoons Dijon mustard (heaped spoon)

50 g Butter (melted)

Sauce:

50 g Butter

100 g Shallots (peeled and finely diced)

350 g frozen peas

100 ml good Vegetable stock

2 tablespoons Mint (finely chopped)

1 tablespoon Double cream



Our method

- 1 Preheat the oven to 90°C/375°F/Gas Mark 5.
- 2 Place one tablespoon of olive oil in a frying pan and heat.

- 3 Seal the racks of lamb on both sides. Remove from the heat and place in a roasting tray.
- 4 Mix the breadcrumbs and chopped herbs together with a little sea salt and black pepper. Spread each rack with 1 teaspoon of mustard and press plenty of the breadcrumb mix onto each rack. Mix the melted butter and the remaining olive oil and drizzle over the herb-crusted meat.
- 5 Place in the preheated oven for 12-15 minutes then turn the heat down to 170°C/325°F/Gas Mark 3 and cook for a further 5-6 minutes. Allow to rest for approximately 5 minutes before serving with the pea sauce.
- 6 For the sauce, melt the butter in a frying pan and add the shallots. Fry for 2 minutes. Refer to pack cooking instructions to cook the peas. Remove from the heat then add the peas and coat in the butter and shallot mixture. Add the vegetable stock. Bring to the boil and simmer for 3 minutes, remove from the heat and add the chopped mint and the double cream. Place into a bowl and blend until chunky. Return to the pan and boil rapidly for a further minute to reduce any excess liquid.
- 7 To serve, arrange a bed of sauce on four plates and top with the racks of lamb.

Tip!

The less water you use when cooking peas, the less vitamin C is lost. Steaming helps to conserve this vitamin. When boiling frozen peas, add enough water to cover, bring to the boil and then cover and simmer for 3 minutes. To microwave 227 grams (8oz) of frozen peas add 15ml (1 tablespoon) of water, place in a non metallic container and cover. Cook on full power for 4 minutes (750W) or 4 1/2 minutes (650W)

