

HERBED RACK OF LAMB FOR TWO WITH A RED WINE SAUCE



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Serves 2

Prep time 10 minutes

Cooking time 25 minutes +

10 minute standing time

Total time 45 minutes

LAMB

2 x 200g 2 Bone rack
of lamb, trimmed
1 tablespoon Olive oil
1 teaspoon Salt
½ teaspoon Freshly ground pepper
1 tablespoon Butter
2 cloves Garlic, peeled
50 g Pistachios, shelled, unsalted
½ cup (30g) Fresh parsley,
stems removed
¼ cup (7g) Fresh mint
¼ cup (7g) Chives
2 tablespoons Fresh breadcrumbs
½ teaspoon Nutmeg, grated
4 teaspoons Dijon mustard
1 tablespoon Olive oil (additional)

SAUCE: RED WINE

½ Red onion, finely chopped
1 tablespoon Olive oil
1 cup Red wine (pinotage or merlot)
1 teaspoon Fresh rosemary, minced
1 teaspoon Fresh chives, chopped
½ teaspoon Fresh thyme, minced
1 cup Lamb / beef stock
2 tablespoons Butter
Salt and freshly ground pepper to
taste

PREPARE THE LAMB AND VEGETABLES

1 Remove the lamb from the
refrigerator and bring to room
temperature prior to cooking
2 Preheat the oven to 180°C
3 Score the fat by making shallow
cuts into the fat, about 2 cm apart

4 Drizzle the lamb racks with olive
oil and season meat all over with
salt and pepper 5 Sear the racks of
lamb for 2-3 minutes in a hot frying
pan with a little olive oil and butter 6
Use tongs and turn the lamb until
golden all over 7 Remove the racks
to a roasting pan and leave to cool
8 Place the garlic, pistachios,
parsley, mint, and chives in a food
processor 9 Add the bread and
nutmeg 10 Process into a fine crumb
11 Add oil and blend 12 Place in a
shallow tray 13 Brush each lamb
rack with mustard, then press into
the crumb mixture, covering the top
and sides 14 Place the lamb crumb
side up on the roasting pan 15 Roast
for 25 minutes, until the crust is crisp
16 Remove from the oven and leave
to rest for 10 minutes

PREPARE THE RED WINE SAUCE:

1 Prepare the red wine sauce whilst the
lamb is resting 2 Place the roasting pan
in which the lamb was cooked on the
stove over medium heat 3 Add the
onions to the pan drippings 4 Cook,
loosening the pan drippings and cook
for 3-4 minutes, until the onions are
translucent and tender 5 Add the wine,
rosemary, chives, and thyme 6 Boil until
the wine has reduced to about half
7 Add the stock and continue to cook
over medium heat until reduced to
about a ¾ cup 8 Add the butter and stir
until well blended 9 Taste and correct
the seasoning 10 Strain and serve with
the lamb 11 Carve the lamb, cutting
down between the bones and serve with
pan roasted smashed potatoes,
vegetable (cauliflower and broccoli)
gratin and a green tomato and mint
salad

