



COOKING PASSION SINCE 1877

HERB CRUSTED RACK OF LAMB WITH ROCKET, HERB AND POMEGRANATE SALAD



INGREDIENTS

2 tbsp honey
1 tbsp Dijon mustard
2 tbsp olive oil
3 tbsp fresh parsley, finely chopped
55g fresh bread crumbs
½ tsp dried thyme
½ tsp dried oregano
½ tsp dried rosemary
¼ tsp salt
¼ tsp freshly ground black pepper
6 or 7 bone rack of lamb,
French trimmed

Rocket, herb and pomegranate salad:

50g rocket
Small bunch parsley, roughly torn
Small bunch fresh mint, roughly torn
Small bunch chives, roughly chopped
Seeds from ½ pomegranate
1 tbsp olive oil
1 tbsp balsamic vinegar
Pinch of salt
Pinch of black pepper

PREPARATION

1. Preheat the oven to CircoTherm® 180°C.
2. Mix together the honey, mustard, 1 tbsp of the olive oil and 2 tbsp of the parsley on a plate.
3. Mix together the bread crumbs, dried herbs, salt, pepper and the remaining 1 tbsp of parsley on another plate.
4. Coat the rack of lamb with the honey and mustard mix then coat in the herby bread crumb mixture. Drizzle on the remaining 1 tbsp of olive oil.
5. Place the lamb, bone side down, on a wire rack over a large baking tray. Insert the temperature probe and set it to cook until the internal temperature reaches 60°C (around 20 – 25 minutes cook time). This will give you medium-pink lamb. Select the medium steam setting on the oven.
6. Meanwhile make the salad. Place the rocket, parsley, mint, chives and pomegranate into a large bowl and toss together. Mix together the olive oil, balsamic vinegar, salt and pepper and drizzle over the salad. Toss together again to coat the leaves.
7. When the lamb is ready, remove from oven and allow to rest for 10 minutes. Then carve into slices. Divide the slices between 3 plates and serve with the rocket salad.