

Roasted Lamb

By Marcel Kauer

Ingredients:

2 Racks of Lamb (about 550 gr) frenched
¼ cup of fresh, chopped thyme
½ cup olive oil
salt and pepper
8 cloves fresh garlic chopped
4 fresh rosemary sprigs to garnish
¼ cup fresh chopped rosemary

When buying your lamb, ask the butcher to "french" the racks by scraping off any sinew and meat from the rib bones.

Method:

Mix together olive oil, garlic, rosemary and thyme in a large bowl. Add the lamb and coat well. Grind some course black pepper and salt over all. Wrap well and marinate the racks in the refrigerator for at least four hours or overnight.

Remove the lamb from the marinade and scrape off as many herbs as possible. Preheat oven to 400F.

Heat a large sauté pan over high heat and add 2 tablespoons of olive oil. Sear lamb racks on both sides, about 3 minutes each side. Transfer to a large baking dish and into the oven for about 10 minutes for medium rare. Cover the rack with foil and allow to rest for 10 minutes before slicing.

GRAINY MUSTARD SAUCE

Ingredients:

1 1/4 cup reduced lamb or veal stock
½ cup red wine
4 tablespoons grainy mustard
2 tablespoons Dijon mustard
salt and pepper
¼ cup fresh chopped rosemary
¼ cup fresh, chopped thyme
1 tablespoon Worcestershire sauce

Method:

Combine all ingredients in a medium saucepan and gently bring to the boil.

Simmer for 20 minutes until sauce has reduced and thickened slightly. Keep warm until ready to serve.

**From: *Hastings House Country Estate*
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