

View from the Fridge – Recipes from Brian Donkin

Recipe # 16 – Roast Rack of Lamb

Preparation time: 5 mins – Cooking time: 40 mins

Ingredients

A nine ribbed rack of Scottish lamb (ask your butcher to prepare it for roasting)

1 Tablespoon of flour

Beef stock

1 Tablespoon of oil

Salt and Pepper

Method

1. Rub the oil into the lamb and season with salt and pepper
2. Place in roasting tray in pre-heated oven (210 c)
3. Roast for 15 minutes then turn on its back and roast for a further 15 minutes.
4. Remove from oven and put aside to rest for 10 minutes, leaving the juices in the roasting tray.
5. Stir in the flour and the beef stock to the juices in the roasting tray, bring to the boil and simmer for 10 minutes and then strain.
6. Carve the lamb from the top of the rib to the base.
7. Serve with julienne of root vegetables, roast potatoes and courgettes.

Serves 3

