

LAMB RACK

EQUIPMENT

ZIP LOCK BAG, FRY PAN, MEDIUM SAUCEPAN, THERMOMETER, SMALL FRYPAN

INGREDIENTS

4 POINT LAMB RACK, SALT, OLIVE OIL, 4 SPRIGS OF THYME, 20GM BUTTER

METHOD

PLACE LAMB, OIL, SALT AND THYME INTO A ZIP LOCK BAG AND REMOVE AS MUCH AIR AS POSSIBLE

¾ FILL A MEDIUM SIZE SAUCEPAN WITH WATER AT 55 DEGREES; USE THE THERMOMETER TO ENSURE THE TEMPERATURE IS CORRECT

PLACE THE POT INTO THE OVEN ON STEAM SETTING 55 DEGREES FOR 2 HOURS

ONCE COOKED REMOVE FROM OVEN PAT DRY WITH PAPER TOWEL, HEAT A FRYPAN ADD A LITTLE OIL AND PAN FRY FAT SIDE DOWN FOR 2 MINS OVER MEDIUM HEAT

ADD BUTTER AND FRY FOR A FURTHER MINUTE

REMOVE FROM THE PAN AND SLICE IN HALF AND SERVE

HINTS & TIPS

- USE THE SAME METHOD WITH LAMB RUMP, A CHEAPER YET JUST AS IMPRESSIVE CUT OF LAMB
- SERVE WITH SIMPLE SALAD AND OUR MINT SAUCE FOR A PERFECT DINNER
- ASK YOUR BUTCHER TO "FRENCH" THE LAMB RACK THIS MEANS THERE IS NOT FLESH ON THE BONES GIVING YOU A PERFECT LOOKING RACK