

450

Spiced crusted rack of lamb with rosemary jus and lentils

*Carré d'agneau avec croute d'épices,
servi avec lentilles et jus de romarin*

Procedure:

- Soak the lentils in cold water for 2 hours, bring to boil and let cook until tender. Alternatively, place the lentils in cold water, bring to boil, drain and then repeat the process, cooking the lentils until tender.
- Heat the olive oil in a saucepan and sauté the onion and garlic until coloured. Add the white wine and reduce by half, now add the cooked and drained lentils, salt and pepper. Keep on a small heat to warm the lentils through. If preferred, the lentils may be roughly mashed.
- In a mortar, combine all the marinade/crust ingredients to make a paste. Coat the prepared racks of lamb with the paste
- Place the racks in a pan and roast in an oven at 200°C for 10 to 12 minutes — for rare to medium-rare — or longer if preferred. When cooked remove the racks and keep warm.
- De-glaze the pan with stock, add the rosemary and boil to reduce until the jus acquires some consistency. Season to taste.
- Serve 2 × 2 cutlets per portion on a bed of lentils. Spoon some jus over the meat.

	QUANTITIES	
	4 portions	10 portions
Racks of lamb, 8 ribs each	2	5
Marinade/crust		
Cumin seed, ground	20 g	50 g
Black pepper corns, finely cracked	20 g	50 g
Sea salt, flakes	10 g	25 g
Garlic, peeled and chopped	3 cloves	8 cloves
Olive oil	25 mL	65 mL
Green lentils	120 g	280 g
Onions, chopped	20 g	50 g
Garlic, finely chopped	$\frac{1}{4}$ clove	1 clove
Thyme	sprig	sprig
White wine	40 mL	100 mL
Rosemary jus		
Rich beef or veal brown stock	300 mL	750 mL
Rosemary	2 g	5 g
Salt	2 g	5 g
Pepper	$\frac{1}{4}$ g	$\frac{3}{4}$ g