



English Racks of Lamb

Ingredients

- 4 English Racks of Lamb French trimmed
- 4 garlic cloves, roughly chopped
- a big stalk of rosemary, needles stripped off and roughly chopped
- 8 tbsp light olive oil
- 50g grain mustard
- 150ml red wine
- 300ml Chicken or lamb stock
- 20g butter

Method

Stand the racks of lamb in a china or glass baking dish, scatter the garlic and rosemary over the top, and drizzle with the olive oil. Leave to marinate for at least 4 hours (or overnight if you have the time), turning occasionally.

Preheat the oven to 200c. Season the lamb generously with salt and pepper. Heat a large, heavy frying pan over a moderately high heat and brown two of the racks well on the meaty sides for about 1-2 minutes, then turn and brown the other sides for a further 1 minute. Finally, brown the ends briefly so that all of the exposed meat is seared. Remove and repeat with the remaining two racks.

Put racks in a large roasting tin, Roast for about 15 minutes.

Transfer the lamb to a warmed plate, cover loosely with foil, and allow to rest in a warm place for about 5 minutes before carving

Place the red wine in a pot and reduce mix by half, add stock and grain mustard and reduce by half again, taste and check seasoning, whisk in butter to give sauce a silky finish.