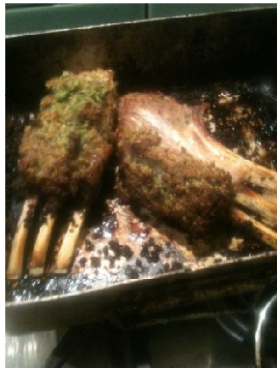


Crumbed Rack of Lamb



Serves 2

Ingredients:

6-rib rack of lamb
1 clove garlic
1 tbsp olive oil
3 slices stale sourdough bread
1 dsp fresh thyme leaves
Handful fresh parsley
Salt and black pepper

Pre-heat your oven to 200 centigrade.

Method:

1. With a sharp knife, score the fat of the lamb.
2. Peel the clove of garlic, squash it slightly with the side of your kitchen knife and rub it all over the lamb. Season with salt and pepper, and coat with a teaspoon of oil.
3. In a food processor, reduce the bread down to crumbs. Add the herbs and the rest of the oil, plus a pinch of salt and grinding of pepper. Blitz again to mix.
4. Lay the lamb on a baking tray, bones down. Press the crumb mixture over the fat so that it covers evenly.
5. Roast for 20 minutes at 200 centigrade, and then remove from the oven, cut in half, and return for a further 10 minutes.
6. Rest for 10 minutes before serving.

I served this with a rich sauce (made of reduced beef stock, a slosh of marsala, a teaspoon of redcurrant jelly and a squidge of No. 5 Umami paste), and the parsnip rosti and braised leeks below.

Braised Leeks with Cream and Garlic



1. Thoroughly wash and trim 3 leeks. Cut them in half lengthways and crossways, so that each leek produces 4 pieces. Lay them in a small baking dish.
2. Crush or finely chop a clove of garlic, and scatter over the leeks along with salt and pepper.
3. Pour over about 150ml double cream, so that the leeks are just covered.
4. Cover with foil and bake at 200 centigrade for about an hour, until the leeks are brown and collapsed, and have completely absorbed the cream.

Parsnip Rosti



1. Peel and grate 2 large parsnips, using your coarsest grater.
2. Place in a colander, and press down hard to squeeze out most of their juice.
3. Add 1 finely sliced shallot, salt and pepper.
4. Heat 1 tbsp of butter and 1 tbsp olive oil in a frying pan. Add grated parsnip in two mounds, pressing down hard to form little cakes. They will not look like they will stick together, but have faith!
5. Turn down the heat very low, and fry for 10-15 mins on each side, until they are golden. Take care when turning, they are only very tenuously held together.