

Rack of Lamb on Crushed Minted Peas

REF:

Serves 4

Cuisine: British

Preparation Time: 30 Minutes

Cooking Time: 30 Minutes

Ingredients:

2 x 350g Racks of organic lamb, French trimmed
The racks should not have the outer layer of fat on and the 'silver' fat membranes should be trimmed off as well.

20g Unsalted butter

600g Thawed frozen petit pois

2 tbsp Dijon Mustard

2 Thick slices of white bread

3 sprigs Rosemary, chopped

2 tbsp Mint jelly

Maldon sea salt and freshly ground black pepper

Extra virgin olive oil

Method:

1. Place the peas in a saucepan of salted water and bring to the boil – cook for 15 minutes until tender, then turn the heat right down just to keep them warm.
2. Put the bread into a blender and blitz on the pulse setting a few times into coarse breadcrumbs.
3. Put the breadcrumbs into a bowl add salt and pepper generously and add the chopped rosemary and mix.
4. Pre-heat the oven to 190°C.
5. Season the racks of lamb well.
6. Heat 2 tbsp of oil and the butter in a large skillet or frying pan over a medium heat.
7. Add the racks and colour to a light golden all over including the bones.
8. Remove the lamb racks and brush liberally with the Dijon mustard.
9. Coat the racks with the breadcrumb mix – keep the bones clean.
10. Place on a baking tray in the oven for 20-25 minutes until the breadcrumb coating is golden

12. Remove the lamb to rest covered for 5 minutes.
13. Bring the peas up to heat and drain. Keep them in the pan and season. Add the mint jelly and work with a fork to partly crush the peas and melt in the jelly.

To Serve:

Spoon a mound of the peas onto a plate and flatten slightly. Carve the racks into ones or twos and arrange on the peas. Serve immediately.

Chef's Notes:

Vary the breadcrumb mix by adding other green herbs such as parsley, thyme or chervil.