

Carre d'Agneau Provençal

Serves 2

Cuisine: French

Preparation Time: 20 Minutes

Cooking Time: 1 Hour 30 Minutes

Ingredients:

400g Best end of lamb (rack) – French trimmed 8 bones

For the Jus:

350g Lamb bones – chopped to approx. the same size

3 Tomatoes

1 Garlic clove, crushed

1 Rosemary sprig

1 Shallot, chopped

100ml White wine

350ml Chicken or lamb stock

Method:

1. First, make the jus. Get a saucepan very hot (smoking) and add the lamb bones. There should be enough fat present not to require cooking oil – if there is not – add some oil. Colour the bones whilst straining off excess fat – this should take about 10 minutes (or 7 minutes for smaller quantity).
2. Add the onion and garlic and colour then strain off excess fat and add the tomatoes and rosemary and cook them out. Add the wine (1/2 way up the bones) and reduce quickly to half.
3. Cover with water and/or stock and bring to the boil. Skim off any fat on the surface and simmer for 30-35 minutes depending on the thickness of the bones.
4. Pass the jus through a colander then a chinois or fine sieve and reduce to taste, or thicken with arrowroot.
5. Now the lamb – Seal the rack in a hot pan (not too hot or the meat will turn grey) for 1 minute then turn over and repeat.
6. Place in an oven at 190°C - 200°C for 8-10 minutes.
7. Remove the pan from the oven, turn the meat over and allow to cool in the pan for 10 minutes. This will take the lamb to the next degree of cooking (medium rare).
8. Depending on the size of the lamb, time may change – if you want it more cooked, increase the time by 5 minutes between each cooking degree, then place on a cooling rack.
9. Brush with the mustard and dip in the Provençal breadcrumbs.
10. Place in the oven until the breadcrumbs turn golden – 10-20 minutes and ready for carving as soon as it comes out. The meat should be nicely moist and pink.

To Serve:

Chef's Notes: