

Honeywell's

R E C I P E



Rack of Lamb with Cumberland Sauce (Serves 6)

Ingredients

- 1 4-bone Rack of Lamb per person
- 3 Sprigs of Rosemary
- 4 Cloves of Garlic
- Olive Oil
- 1 Jar of Redcurrant Jelly
- ½ Lemon
- ½ Lime
- Glass of Port
- 1 Tsp English Mustard
- Nutmeg

1. Roughly chop the Rosemary & Garlic and put in a bowl with the Olive Oil and Racks of Lamb. Marinade overnight to allow the flavours to penetrate the meat.
2. Cover the bones of the racks with tin foil to prevent them from burning and cook in a preheated oven at 190°C for 25 minutes. This should leave them nice and pink inside.
3. Place the Redcurrant jelly in a pan with the juice and zest of the Lemon and Lime and bring to a boil.
4. Allow the Redcurrant mix to simmer and add the Port, Mustard and Nutmeg (to taste).
5. Continue to simmer and reduce by a third.

Serve with Dauphinoise or Fondant Potatoes, Green Beans and the Cumberland Sauce. Present the Racks of Lamb whole or slice into individual chops to show off the pink lamb. Enjoy!