

RACK OF LAMB

This recipe makes for perfect succulent lamb every time. The variations on "coulis" are endless. You could even add some cumin to give it a North African flavour. Serve with mashed or scalloped potatoes.

Makes enough for 4-5 as a main

Prep time: 5 minutes

Start-to-finish: 30-35 minutes

Advanced prep: Up to 24 hours, preparation of the coulis

Ingredients:	Orange Coulis	Cranberry Coulis	Black Currant Coulis
Rack of lamb	2 racks	2 racks	2 racks
Orange marmalade	5 T		
Cranberry sauce		5 T	
Black currant jam			5 T
Dry white wine	240 ml	240 ml	240 ml
Salt + pepper	to taste	to taste	to taste
Herbes de provence	1/4 tsp Or	1/4 tsp Or	1/4 tsp
Ground cumin	1/2 tsp	1/2 tsp	

1. Preheat the oven to 230C.
2. Rinse the lamb, pat it dry with paper towel and place in a roasting pan.
3. Season with salt, pepper and herbes de provence.
4. Cook at 230C for 10 minutes.
5. In the meantime, prepare "coulis" by placing the marmalade/cranberry sauce/jam with the wine in a small saucepan and bring to a boil. Let simmer until reduced by one third.
6. After 10 minutes, reduce the heat of the oven to heat to 180C and spoon half the "coulis" over the meat.
7. Cook for a further 15 minutes. Remove from the oven and let stand for 5-10 minutes.
8. Add drippings from the roasting pan to the "coulis" and bring to a boil.
9. Slice cutlets and pour the "coulis" over the meat before serving.