

HERB & MUSTARD-CRUSTED RACK OF LAMB

COSTOLETTE D'AGNELLO IN CROSTA DI SENAPE ED ERBE

Lamb is eaten mainly in central and southern Italy, although roasted young spring lamb is traditional throughout the country at Easter. Later in the year, a rack of lamb makes a wonderful dish for a special occasion. Cooking the lamb on the bone and coating it in a herb crust keeps the meat really moist and succulent. Serve with roasted baby new potatoes and green beans.

Serves 4

2 racks of lamb (about 350g each), trimmed of excess fat	1 tablespoon chopped fresh mint
25g fresh white breadcrumbs	15g freshly grated Parmesan cheese
2 tablespoons chopped fresh flat-leaf parsley	2 tablespoons olive oil
1 tablespoon chopped fresh rosemary	2 tablespoons English mustard
	Salt and freshly ground black pepper

1] Preheat the oven to 200°C/gas mark 6. Season the lamb with salt and pepper.

2] Place the breadcrumbs, parsley, rosemary and mint in a food processor and blitz. Tip into a small bowl and stir in the Parmesan. Set aside.

3] Heat the oil in a large non-stick frying pan over a high heat. When very hot, sear the lamb for about 2 minutes each side or until browned.

4] Transfer the lamb to a baking sheet, flesh-side up. Spread over the mustard. Press the herb crumbs into the mustard.

5] Roast for 15–20 minutes. Remove from the oven, cover with foil and leave to rest in a warm place for 5 minutes before serving. To serve, slice into cutlets.

