

# *Carré d'agneau*

## **Rack of lamb**

*In most European countries, lamb is a very expensive delicacy. The quality however can vary considerably. In France, they have the famous pré-salé which comes from the salty pastures on the coast of Brittany. In Spain lamb is more aromatic, having grazed on the high plains and fed on mountain herbs. Australia produces delicious, tender, succulent lamb, which is a constant source of delight to us and our visitors alike.*

*Please make sure never to overcook it. Lamb must be served pink, otherwise even the best quality will become tough and dry.*

- 4 racks of lamb, 4 chops in each
- 1 tablespoon of French mustard
- 4 teaspoons finely chopped parsley
- 4 teaspoons crushed garlic (approximately 3 large cloves)
- 1 teaspoon salt
- freshly ground pepper
- 2 oz (60 g) butter
- 2 level tablespoons dry breadcrumbs
- 4 to 5 tablespoons water

### **Graeme's comment**

*Make 1½ quantity of breadcrumb mix*

Remove all the fat from the racks - preheat the oven to 420°F / 210°C. Place the racks in a baking dish bones side up and pre-cook 10-15 minutes. Don't let them become too brown. Remove from the oven and cool. In a bowl combine the breadcrumbs, salt and pepper, parsley and garlic. Coat the outside of the racks with the mustard and pat the breadcrumb mixture into this. Note: This preparation can be done in the morning.

Cover the bone ends of the racks with foil. Preheat the oven to 450°F / 225°C. Put the 2 oz (60 g) butter in a baking dish and add the racks. Cook approximately 15 minutes, depending how you like them. Baste during the cooking with the butter and juices from the pan. Remove the racks when they are cooked. Heat the juices, then add the water, a tablespoon at a time, to desired strength.

**Serves 4**

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