

**OVERALL time: 90 mins**

# CHS x FB - Parmesan & Herb Crusted Lamb Rack

Another delicious collaboration between FAT Bastard wines and Cape Herb & Spice! Warm lamb, cooked to perfection & spiced with **Cape Herb & Spice Mediterranean Roast Rub** paired with a glass of FAT Bastard The Golden Reserve - so much to enjoy!

Metric

**Number of servings : 8**

## ingredients

### For the Dressing

- 60 ml sherry vinegar
- 1 Tbsp Dijon mustard
- 2 tsp Honey
- 60 ml Olive oil
- 1 tsp **Cape Herb and Spice Atlantic Sea Salt**

### For the Salad

- 1.5 kg Mixed roasting vegetables
- **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 200 g Baby spinach
- 100 g Sugar snap peas

### For the Lamb

- 2 full racks (8 rib) lamb, trimmed
- 2 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 2 Tbsp Dijon mustard

### For the Crust

- 4 Tbsp olive oil

- 50 g Fine breadcrumbs
- 50 g Parmesan cheese, finely blitzed in the blender
- 2 Tbsp Fresh rosemary, finely chopped
- 2 Tbsp fresh parsley, finely chopped
- 2 cloves garlic, grated
- 2 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**

#### For cooking

- Olive oil

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 35 mins | COOKING TIME: 55 mins**

#### For the dressing:

Combine all ingredients in a small jar.

Season well with **Cape Herb and Spice Sea Salt**.

Shake to emulsify and set aside in the fridge until serving.

#### For the salad:

Preheat oven to 180°C with the fan on.

Place vegetables in a large mixing bowl.

Drizzle with olive oil and season with **Cape Herb & Spice Mediterranean Style Roasts Rub**.

Transfer to a large roasting dish and roast until lightly charred and tender. 20-30 minutes. Set aside to cool.

When ready to serve and the vegetables have cooled, toss with the baby spinach and sugar snap peas. Drizzle with a little dressing.

Plate onto a serving platter, ready to be topped with the lamb.

#### For the lamb:

Drizzle racks with olive oil and season with **Cape Herb & Spice Mediterranean Roast Rub**.

Heat a large frying pan on medium high heat and sear the lamb, sealing it on all sides. Set aside to cool.

#### *Top tip:*

*To prevent the bones of the lamb rack from burning - wrap each little French trimmed bone in a small piece of tinfoil and compress it tightly. Remove before serving.*

#### For the crust:

Combine all ingredients in a medium sized bowl.

Season with **Cape Herb & Spice Mediterranean Roast Rub**

Mix well with your hands, rubbing everything together until the mixture resembles wet sand.

#### *Top tip:*

*If you buy Parmesan that is pre grated it tends to be very dry - in this case add an egg to the recipe to help bind the mixture together.*

#### To cook:

Preheat oven to 200°C with the fan on.

Place the seared lamb racks on a large baking tray. Fat side up.

Brush the tops liberally with the mustard.

Press the crust mixture onto each lamb rack, compressing it well.

Transfer to the oven and bake for 15-25 minutes, depending on the size of your lamb racks and your desired doneness.

The best way to check the lamb is with a thermometer.

Insert a thermometer into the centre of the lamb.

Remove when the lamb reaches 54°C for a beautifully pink and tender medium rare.

Set the racks aside to rest for 10 minutes.

Cut between each rib into chops and serve plated on the vegetable salad.

Pair with a glass of **FAT bastard The Golden Reserve** and enjoy!

<https://mail.capeherb.co.za>

Metric

## ingredients

### For the Dressing

- 60 ml sherry vinegar
- 1 Tbsp Dijon mustard
- 2 tsp Honey
- 60 ml Olive oil
- 1 tsp **Cape Herb and Spice Atlantic Sea Salt**

### For the Salad

- 1.5 kg Mixed roasting vegetables
- **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 200 g Baby spinach
- 100 g Sugar snap peas

### For the Lamb

- 2 full racks (8 rib) lamb, trimmed
- 2 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 2 Tbsp Dijon mustard

### For the Crust

- 4 Tbsp olive oil
- 50 g Fine breadcrumbs
- 50 g Parmesan cheese, finely blitzed in the blender
- 2 Tbsp Fresh rosemary, finely chopped
- 2 Tbsp fresh parsley, finely chopped
- 2 cloves garlic, grated
- 2 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**

### For cooking

- Olive oil

**Number of servings : 8**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 35 mins | COOKING TIME: 55 mins**

### For the dressing:

Combine all ingredients in a small jar.

Season well with **Cape Herb and Spice Sea Salt**.

Shake to emulsify and set aside in the fridge until serving.

### For the salad:

Preheat oven to 180°C with the fan on.

Place vegetables in a large mixing bowl.

Drizzle with olive oil and season with **Cape Herb & Spice Mediterranean Style Roasts Rub**.

Transfer to a large roasting dish and roast until lightly charred and tender. 20-30 minutes. Set aside to cool.

When ready to serve and the vegetables have cooled, toss with the baby spinach and sugar snap peas. Drizzle with a little dressing.

Plate onto a serving platter, ready to be topped with the lamb.

### For the lamb:

Drizzle racks with olive oil and season with **Cape Herb & Spice Mediterranean Roast Rub**.

Heat a large frying pan on medium high heat and sear the lamb, sealing it on all sides. Set aside to cool.

### *Top tip:*

*To prevent the bones of the lamb rack from burning - wrap each little French trimmed bone in a small piece of tinfoil and compress it tightly. Remove before serving.*

### For the crust:

Combine all ingredients in a medium sized bowl.

Season with **Cape Herb & Spice Mediterranean Roast Rub**

Mix well with your hands, rubbing everything together until the mixture resembles wet sand.

### *Top tip:*

*If you buy Parmesan that is pre grated it tends to be very dry - in this case add an egg to the recipe to help bind the mixture together.*

### To cook:

Preheat oven to 200°C with the fan on.

Place the seared lamb racks on a large baking tray. Fat side up.

Brush the tops liberally with the mustard.

Press the crust mixture onto each lamb rack, compressing it well.

Transfer to the oven and bake for 15-25 minutes, depending on the size of your lamb racks and your desired doneness.

The best way to check the lamb is with a thermometer.

Insert a thermometer into the centre of the lamb.

Remove when the lamb reaches 54°C for a beautifully pink and tender medium rare.

Set the racks aside to rest for 10 minutes.

Cut between each rib into chops and serve plated on the vegetable salad.

Pair with a glass of **FAT bastard The Golden Reserve** and enjoy!

