

Lamb Guard of Honour with Lemon and Mint Crust



what you need

- 2 x 8 bone John Penny racks of lamb

For the crumb mixture

- 100 g fine breadcrumbs
- Small handful fresh mint
- 2 lemons
- 3 shallots, chopped
- 2 cloves garlic

For the Gravy

- 15 g butter
- 1 level tbsp flour
- 100 ml red wine
- 200ml boiling water
- 1 tbsp redcurrant jelly
- 1 tbsp Worcestershire sauce

Cooking time: 1 hr

Serves: 6

how to cook

- 1 Heat the oven 220°C/200°C fan/Gas 7.
- 2 Pull off the outer layer of fat on the lamb and discard.
- 3 To make the crumb mixture blend the breadcrumbs, mint and the rind and juice of 1 lemon in a food processor until finely chopped. Spread this mixture over the lamb and place flat in a large roasting tin, crumb-side up. Squeeze the juice from the remaining lemon and add the juice, squeezed lemon halves, shallots, and garlic to the roasting tin. Roast for 45 minutes until the meat is cooked, remove from the oven.
- 4 Arrange the lamb racks on a serving platter with the bones facing inwards and interlocking to make an arch. Cover with foil to rest for 10 minutes while you make the gravy.
- 5 Remove the lemon halves, garlic cloves and any large shallot pieces from the roasting tin. Place the tin on the hob and add the butter. Heat until foaming, then add the flour.
- 6 Cook for 2-3 minutes until thickened, then pour on the red wine and 200 ml boiling water, then add the redcurrant jelly and Worcestershire sauce. Simmer for 3-4 minutes then strain. Serve with the lamb with vegetables of your choice.

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