

Rack of Lamb with a Herb Crust

Serves 2

- 150g/5oz fresh breadcrumbs
- 1 tbsp finely chopped fresh rosemary leaves
- 2 tsp fresh thyme leaves
- 50g/2oz chopped fresh parsley
- 2 shallots, peeled and finely chopped
- 1 garlic clove, peeled and finely chopped
- 40g/1 1/2oz unsalted butter
- 1 best end rack of lamb with 6-8 chops
- Salt & pepper
- 2 tbsp olive oil
- 1 tbsp Dijon mustard

Sauce:

- 500ml/18fl oz veal or chicken stock
- 1 tbsp finely chopped fresh rosemary leaves
- 1 shallot, peeled and finely chopped
- 150 ml/1/4 pt double cream
- 1 tsp snipped fresh chives
- 2 tsp wholegrain mustard

1. In a food processor, blend the breadcrumbs with the chopped herbs. Sweat the shallots and garlic in the butter, stir in the breadcrumb mix and seasoning.
2. Heat a large pan and seal the lamb in olive oil for 1 minute. Pat the lamb dry with kitchen paper and brush the Dijon mustard over the back of the meat. Press over the crumb mix and roast the lamb in a hot oven at 190 degrees centigrade/350 degrees fahrenheit for 20 minutes or until cooked to your liking.
3. Meanwhile, make the sauce. Boil the stock with the rosemary, wine and shallots until reduced by half, add the cream and continue to reduce to a sauce consistency. Pass the sauce through a fine sieve, stir in the chives and mustard and serve with the lamb.