



PAN ROASTED RACK OF LAMB WITH A SOFT HERB GARLIC HAZELNUT CRUST

by Chef Joe Vella

1 RACK OF LAMB

Pre heat the oven at 200c.trim most of the fat from the rack of lamb Leaving a thin layer. Scrape off all the meat from the end of the bones, heat a film of oil in a frying pan seal the rack of lamb on all sides, season the lamb with salt and pepper and rosemary, then place it in the hot oven and roasted for 6 minutes ,

HERB CRUST

- ~ 2-garlic glove
- ~ 100 g parsley
- ~ 4 slices white bread
- ~ 1 teaspoon Dijon mustard
- ~ 50g roasted hazelnuts
- ~ combine everything together in a food processor until its crumble

VEGETABLE RAGOUT

- ~ 50G chopped onions
- ~ 20G crushed garlic
- ~ 25g chickpeas
- ~ 25g lentils
- ~ 25g bacon
- ~ 25g button brown mushroom
- ~ 2 tablespoon white wine
- ~ 2-tablespoon beef gravy
- ~ 1-tablespoon fresh cream

In a hot pan put some corn oil and butter, put the onions and garlic, bacon cook until golden brown, add the chick pea and lentil, add mushroom, flame the white wine, add the beef gravy and finish by the cream.

Spread the mustard over the meaty side of the lamb rack, and than coat them with in the crumbs, pressing with your hands to make it stick well.

FOR PLATING

Place the vegetable ragout in the middle of the plate, and place the lamb on both sides

