

RACK OF LAMB WITH LAMB CROQUETTES

PREP TIME 30 MIN | COOK TIME 4 HOURS | SERVES 10

Method

1. For Croquettes: Rub one third of the oil into the lamb neck and season with salt and pepper, dust with flour. Heat another third of oil in a large frying pan over medium-high heat. Cook lamb necks, turning occasionally, for 5-7 minutes or until golden all over. Place lamb necks in a gastronome.
2. Heat remaining oil in a frying pan over medium-high heat. Add garlic and onions, cook for 3-5 minutes or until soft and golden. Add celery, carrots and herbs. Add stock to deglaze the pan. Add crushed tomatoes and tomato paste, red wine and season with salt and pepper. Bring to the boil, cook for 5 minutes. Pour sauce over lamb necks cover with baking paper and foil. Cook for 3 ½ - 4 hours at 160 ° C, full dry heat or until meat falls of the bone. Remove and leave to cool. Remove meat from bones
3. Shred meat and shape into logs. Place eggs, flour and breadcrumbs in separate bowls. Use floured hands to roll croquettes in flour. Shake off excess, dip in egg and then breadcrumbs. Place on a lined baking tray.

5. Add oil to a deep fryer, set to 180 ° C. Cook croquettes in batches, turning occasionally, for 1-2 minutes or until golden and heated through. Transfer to a tray lined with paper towel.
6. For Lamb Racks: Increase oven temperature to 160 ° C, full fan. Using a rosemary brush, brush racks with oil and season with salt and pepper. Heat oil in a large frying pan. Add the lamb and cook, turning occasionally for 3-5 minutes or until golden. Transfer to a gastronome. Insert a probe into the thickest part of the racks, set internal temperature to 53 ° C for medium rare.
7. Serve with petit salad leaves, peas and carrot puree.

Ingredient List

Lamb

- 1kg Lamb neck
- 5 racks of lamb (3 bones each)
- 125g plain flour for dusting

Lamb Necks

- 60mls olive oil
- 25g garlic, chopped
- 120g brown onion, diced
- 200g celery, diced
- 140g carrots, peeled, diced
- 4 sprigs thyme
- 4 sprigs rosemary
- 1 litre stock
- 400g crushed tomatoes
- 40g tomato paste
- 60ml red wine
- Salt and pepper to season

Croquettes

- 125g plain flour
- 300g panko breadcrumbs
- Vegetable oil for frying

Lamb Racks

- 1 bunch of rosemary, tied
- 60mls oil
- 20g Dijon mustard
- 400g breadcrumbs
- 250g flat leaf parsley leaves, finely chopped
- 20g rosemary, finely chopped
- 10g crushed garlic

Serving Suggestions

- Petit salad leaves
- Peas
- Carrot puree

Pro Tips Lamb Series

