



Whole Roasted Lamb Rack with Vegetables

Overview

Difficulty: Easy Servings: 4

Preparation Time: 35 Minutes Cooking Time: 30 Minutes

Ingredients

Ingredients for Lamb Rack

2 Pieces Lamb Rack - French Cut, Washed and Cleaned

20g Salt

20g Black Pepper - Freshly Crushed

100g Butter - Soften

15g Rosemary - Chopped

20ml Cooking Oil

To Taste

Fresh Ground Black Pepper

Rock Salt

Olive Oil

Ingredients for Roasted Vegetables

100g Whole Button Mushrooms - Quartered

100g Pumpkin - Cut into cubes

100g Green Zucchini - Cut into cubes

100g Yellow Zucchini - Cut into cubes

100g Eggplant - Cut into cubes

12 Pieces Cherry Tomatoes

1 White Onion - Sliced

5 Cloves Garlic - Smashed

10g Fresh Thyme

10g Fresh Rosemary

3 Tablespoons Extra Virgin Olive Oil

To Taste

Fresh Ground Black Pepper

Rock Salt

Methods

Step 1

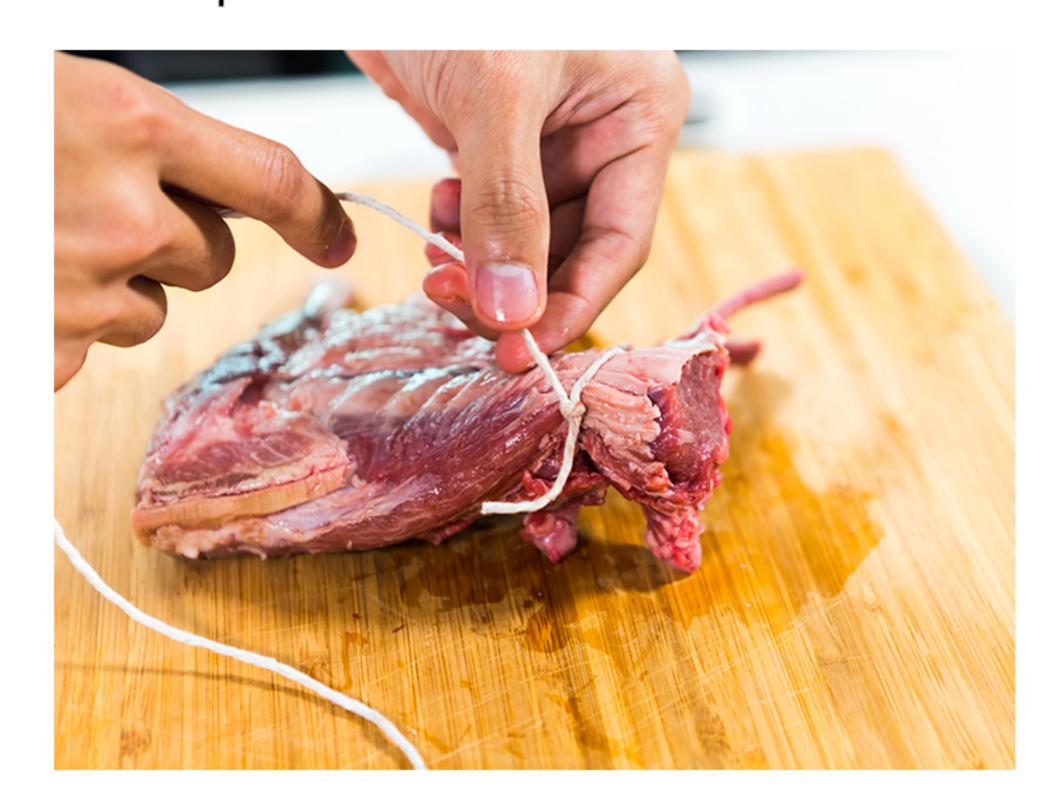
Pre-heat the Bosch Series 8 Oven to 180°C using the 'Top-Bottom Heat' Mode and grind the fresh black peppercorns with a hand blender.

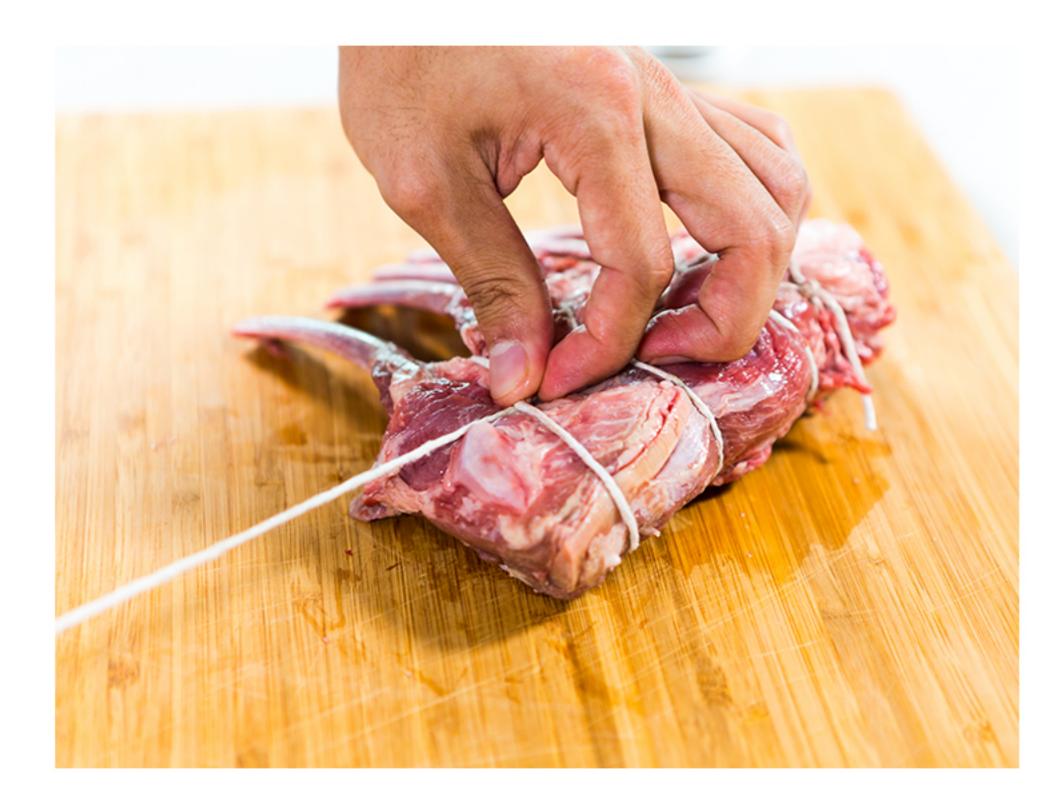




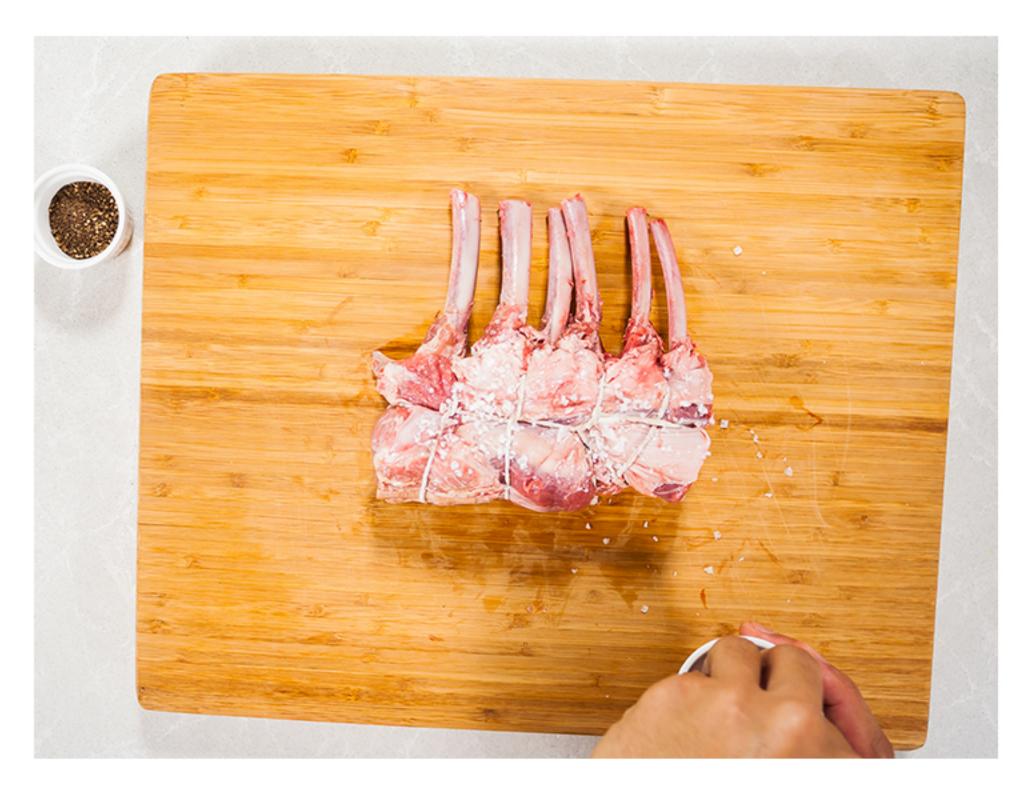


Step 2
Tie 2 pieces of lamb rack with a butcher's twine.





Step 3Season the lamb rack with salt and freshly crushed black pepper.





Step 4

4. Pour cooking oil into a medium-heated pan and sear the lamb rack on all sides. Place the lamb rack aside after searing.





Step 5

5. Lay zucchinis, pumpkin, garlic, onion, mushrooms on an oven tray. Top them off with cherry tomatoes, thyme and rosemary.





Step 6

Pour the oil from searing the lamb onto the ingredients in step 5. Sprinkle olive oil, black pepper and rock salt over them.





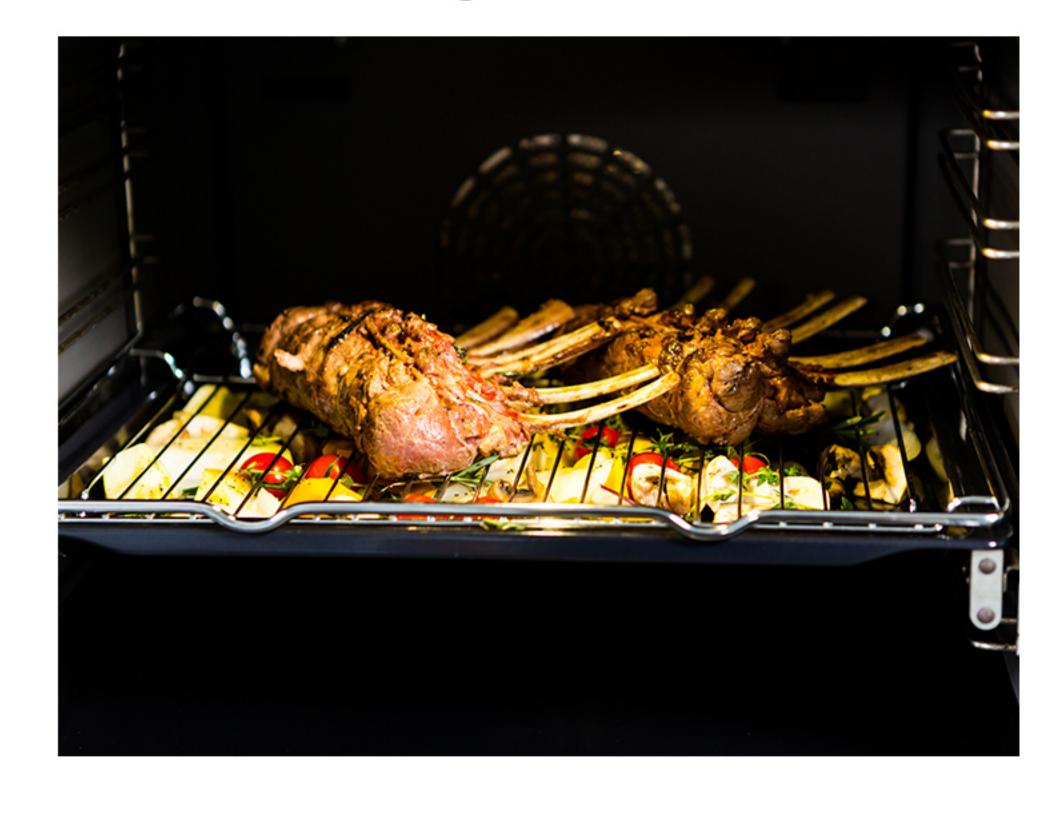
Step 7

Place a wire rack on the tray of vegetables, then lay the seared lamb rack on top.



Step 8

Place the dough in a bowl and cover it with a damp cloth.





Step 9Remove them from the oven and brush butter onto the lamb rack. Sprinkle rosemary on top.





Step 10

Place the ingredients back to the oven, and increase the temperature to 200°C. Let the lamb and vegetables cook for another 10 minutes.





Step 11Slice the lamb rack, and place them on a plate. Garnish with olive oil, black pepper and rock salt.



