



# 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 3

Season 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 9

Remove 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 11

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

