



## JERNEJ KITCHEN

# RACK OF LAMB

*Good quality meat can be a real treat, juicy and oh, so delicious!*

SERVES	4	
PREPARATION:	15	MINUTES
COOKING:	20	MINUTES

### RACK OF LAMB

2 quality racks of lamb, french-trimmed

1 tbsp olive oil

1 clove of garlic

1 fresh sprig of thyme

50 ml white wine

200 ml beef stock / water

### TOOLS AND EQUIPEMENT

Large frying pan  
kitchen knife  
cutting board

### LAMB

Preheat the oven to 190°C/ 375 °F. Heat a frying pan over high heat and season the racks of lamb with salt and pepper. Add the olive oil, garlic clove, sprig of thyme and the rack of lamb. Cook each side of the lamb for 2-3 minutes or until golden brown.

### COOK

For medium rare, place the lamb in the oven for 10 minutes to heat through, then remove and allow to rest for 10 minutes. Cook for longer if preferred.

### Sponsored SAUCE

While the lamb is resting, bring the same frying pan with all the lamb juices back on heat, pour in the white wine and cook for 3 minutes. Add the beef stock or water and continue cooking for about 10 minutes or until the sauce has reduced enough to coat the back of a spoon.

### SERVE

To serve, carve the lamb rack into cutlets and drizzle over the sauce.