

Rack of Lamb with Spring Vegetables and Salsa Verde

- 1 rack of Lamb, trimmed of excess fat and cut into two rib sections
- 1 bunch of Spring Onions
- 1 bunch of Baby Carrots
- 2 Tablespoons Olive Oil
- 1 bunch of Asparagus
- One pound Baby Potatoes
- Salt and Pepper

Season the Lamb with salt and pepper and set aside. Trim most of the green off of the onions, and trim the base as well, then split lengthwise. Snap the bottoms off the Asparagus. Trim all but one inch off the tops of the carrots, and peel. Toss the vegetables with a little olive oil and salt and pepper and roast until just tender in a 400 degree oven. Wash and dry the potatoes. Toss in olive oil, salt and pepper and roast until fork tender. Brown the Lamb in olive oil in a heavy frying pan, and place in a 375 oven until desired doneness, again I would recommend medium rare. The lamb may also be grilled. Serve alongside the vegetables with Salsa Verde.



JIMTOWN STORE



Salsa Verde

- 1 cup roughly chopped flat-leaf parsley
- 2 Tablespoons chives, finely chopped
- 2-4 anchovy's rinsed and chopped
- 2 teaspoons red wine vinegar
- 1 teaspoon wholegrain mustard
- 1/2 cup extra virgin olive oil
- 1/2 cup roughly chopped mint
- 2 tablespoons capers, rinsed and chopped
- 2-3 cloves garlic finely chopped
- 1 teaspoon crushed red chili flake
- 2 Tablespoon bread crumbs

In a mortar and pestle or food processor, crush together all the ingredients except the olive oil. Add the oil a bit at a time until the sauce is thick and still a bit chunky. Keep at room temperature until ready to serve.



JIMTOWN STORE

