

Spice-crusted Milly Hill lamb rack, ragout of barley, caramelised onion & slow-roast lamb shoulder



Serves 6

Ingredients (Lamb)

2 lamb racks, 6 bones each, French trimmed
1 small lamb shoulder, bone in
3 cloves garlic, chopped
2 tablespoons smoked paprika
1 tablespoon ground cumin
1 tablespoon cumin seeds
100ml olive oil

Ingredients (Purée & caramelised onion)

2 brown onions
2 large parsnips
500ml milk
200ml cream
2 teaspoons caster sugar

Ingredients (Ragout)

400ml lamb jus
1 cup barley, soaked and steamed
100g baby spinach



Perfectly matched with →
'The Doctor' Cabernet Sauvignon

Hunters Quarter

Method (Lamb)

Roast the spices in a medium oven until aromatic.

Once roasted, mix garlic and spices with olive oil in a bowl. Brush the lamb racks and shoulder with marinade. Put the racks aside and toast the shoulder at 150°C for 3 hours until soft and falling off the bone. Once cooked, flake meat into pieces.

Method (Purée & caramelised onion)

Dice half the onion and peel parsnips. Cook the parsnips and half the onion in the milk and cream until soft. Blend to a purée with some of the cooking liquid and season to taste.

Slice the remainder of the onions and saute until golden brown. Add sugar to caramelise in the pan.

Method (Ragout)

Place the lamb jus, steamed barley and caramelised onions into a pot with the flaked lamb shoulder and simmer for 4-5 minutes until lamb is very soft. Add baby spinach just before serving to wilt in the ragout.

To Finish

Roast the lamb racks at 180°C for 20 minutes, until medium rare or pink in the middle. Rest for 5 minutes before serving.

Serve in a shallow bowl. Place ragout on the bottom, and then placed sliced lamb rack on top. Finish with a spoon of parsnip purée.