

Rack of lamb with an olive and caper jus on mashed potato



Ingredients (4 portions)

Amount	Measure	Name
1.00	pc	Rack of lamb
12.00	pc	Asparagus
50.00	g	Spinach
20.00	g	ROBERTSONS Seasoning Rub 4 X 700g
100.00	g	Mirepoix (Chopped celery, carrots and onion)
250.00	ml	KNORR Demi-Glace 3 x 800g (made up)
70.00	ml	Wine, red
30.00	g	Black olives
30.00	g	Garlic
30.00	g	Tomato paste
20.00	g	Onion, sliced
		ROBERTSONS Parsley 6 x 150g (a pinch)
		ROBERTSONS Thyme 6 x 250g (a pinch)
150.00	g	KNORR Mash Flakes 1 x 2kg (made up)

Preparation

RACK OF LAMB

1. Brown the rack of lamb, skin side down in a pan.
2. Rub the ROBERTSONS Multi-purpose seasoning rub onto the meat.
3. Finish in an oven at 180°C for approximately 8 minutes or until medium rare. Remove from the oven and allow to stand.

JUS

1. In a pot, brown the mirepoix and any meat trim in a little oil.
2. Add the tomato paste and cook for a further minute.
3. Add the red wine and reduce until only 10ml is left, add the KNORR Demi Glace and simmer until the sauce has reduced by half.
4. Strain and season, add the olives and capers (allow to stand for all the flavours to infuse).

VEGETABLES

1. Blanch the asparagus and spinach, season well with salt, pepper and dried herbs.

TO SERVE

Carve lamb and plate up dish.